

Grass Roots

Craft and self-sufficiency

For down to earth people

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New Zealand Edition

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Tofu

Eradicating
Bracken

Animal Rugs

Maintaining
Electric Tools

Tanning



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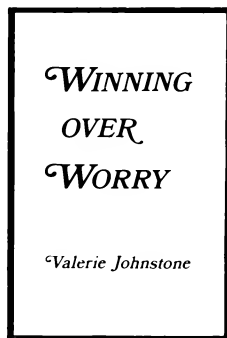
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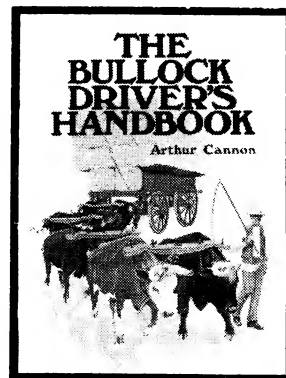
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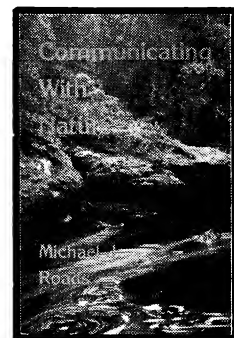
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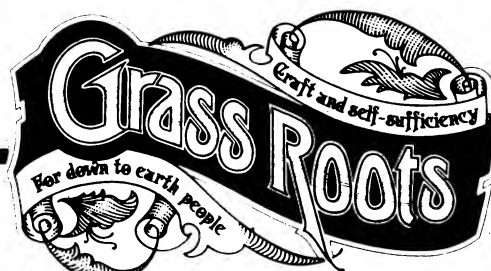
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Front cover: Beautiful, placid and healthy goats like this are what we dream of before we buy one, and work towards once we become owners. It's not always easy because goats can suffer from nutritional imbalances, disease, and internal geese and turkeys can contribute much to a family's bid for achieving self-sufficiency. Read on page 66 how the Maxlows (of *Rock Solid* fame) from WA have become self-sufficient in eggs and poultry meat.

Photograph courtesy of Northside Productions.

Back Cover: Ducks gently making their way across a still stream on a dull winter's afternoon. Ducks, as well as chooks, geese and turkeys can contribute much to a family's bid for achieving self-sufficiency. Read how the Maxlows (of *Rock Solid* fame) from WA have become self-sufficient in eggs and poultry meat on page 66.

Feedback Link-Up Feedback

We have had numerous requests from readers to print the state at the end of each letter. But as this takes up extra space, here is a key to help you decipher the postcode system.

NSW 2000 plus
VIC 3000 plus
QLD 4000 plus

SA 5000 plus
WA 6000 plus
TAS 7000 plus

Dear Grassrooters,

Further to my letter in GR 52, about THE ZEN SCHOOL, it has come to my notice that there are people in Tasmania and elsewhere labouring under the illusion that the Zen Centre and Zen School are in some way associated with the activities of Rober Walter, a Zen teacher operating in Tasmania, using traditional Japanese methods (in my opinion completely inappropriately). I would like to make it clear that a Zen Centre is interested only in the philosophy of Zen, and not the methods practised by some of its advocates. All teaching of Zen is based on discussion only, no physical hardship is involved in any of the activities organised by the centre, and no force of any kind is used.

Thanks to all the people who wrote in. To those I have been unable to contact personally, you will receive news of the school as things progress.

For those interested in DREAMS around Hobart, there is a six week dream workshop providing an introduction to working with dreams for healing and spiritual/personal growth starting soon. Please ring 002-310-972 for information.

**Johannes
A Zen Centre
GPO Box 983
HOBART 7001.**

Dear Readers,

My father often talks about how lovely fresh cream from his Jersey house cow used to taste and how it was even better when made into scalded or clotted cream. If any readers know HOW TO MAKE SCALDED OR CLOTTED CREAM would they please send me the recipe? I would be very grateful for any replies.

**Sally Edwards
2 Albert Rd
DROUIN 3818.**



Edited by Meg Miller and Lisa Anderson.

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Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of Grass Roots. All contributions of articles and photos are welcome.

Cover design and artwork by Ian Boyd.

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Dear GR People,

I'm working on a research project investigating PSYCHIC DREAM experiences and invite your participation.

I've been involved in the 'back to earth' movement since 1968. In fact, I and a few friends even published an 'underground' newspaper back in the late 1960's called 'Grassroots' in San Diego, California, USA. I've spent many years living simply in the California desert de-programming and unplugging from the industrial consumer orientation I was born into. I'm now settling here in Australia and looking for land or a community in which to live with my wife and three young children. But the purpose of this letter is to invite your participation in a study of dreaming by sending me some of your more extraordinary dream experiences.

The research involves the investigation of various dream experiences that I am calling psychic dreams. These are the special dreams; clairvoyant dreams; lucid dreams (dreams in which you are conscious of dreaming); healing dreams; flying dreams; out of body experiences in dreams or just prior to drifting into sleep; encounters with spiritual beings, guides or teachers; dreams of ecstasy and bliss; dreams in which you experience a state of expanded consciousness or transcendental awareness not usually available during waking state; spiritual-sexual dreams, etc.

The psychic dream is one that is especially significant to you because of its beauty, clarity, inspiration, problem resolution or spiritual qualities. They are often charged with a wondrous magic and an illuminating quality that leaves an individual with an after-glow of awe, contentment, ecstasy or inspiration.

Take a moment to reflect, write down or even tape record some of your dreams that fit into the category of psychic dreams and send them to me. I will be happy to receive your communication and to understand and acknowledge your experience. Perhaps by this act of communication and acknowledgement your dream experience will be brought from your internal life into our external world, making life a bit richer and fuller for all of us. I will make no attempt to analyse or judge your experience. You are the one best suited to make whatever connections, insights and interpretations the dream may have for you.

I'd love to hear from you and to hear of your dreams. Send them to me by clearly hand writing, typing, or tape recording them. If you happen to express the dream through pictures, that is fine also. If you would like a summary of the research, including some of the psychic dreams that others have experienced, then enclose a two dollar note and a SAE to cover the cost of printing/photocopying and postage. May all your dreams come true.

**Jack Wexler
The University for Humanistic Studies
PO Box 121
MT BARKER 5251.**

Dear GR Readers,

This year the Yankalilla Community Annexe is celebrating its 10th birthday, making it the oldest state-run alternative school in South Australia. The Annexe is unique in our area as it is non-graded and non-competitive. Children work in a happy, caring environment at their own ability levels and parents are encouraged to play an active role in the day to day running of the school. On Thursday 24 April we will be having an open day and hope that anyone involved with or interested in alternative education will feel free to visit us. There will also be an evening get together for past staff, students and parents on Saturday 26 April. Unfortunately we have lost contact with some of these people and hope they will inform us if wishing to attend. If anyone wants more information about the reunion or Open Day would they please phone our present teacher Ms Mandy Betts on 085-582-170.

**Jen Kay
Box 30
INMAN VALLEY 5211.**

Feedback Link-Up Feedback

Dear GR Readers,

The ambition and dream of most folk who read *Grass Roots* is to get away from the rat race, pollution and stress, to have a little place of their own in the country. Quite a few make it, settle down in peace and quiet, become fairly self-sufficient and get healthier. Unfortunately some people are extremely trusting and find themselves in the grip of the land agents, people who are sharper than used car salesmen and feel no guilt or remorse for breaking hearts. We've all seen the ads — 'Beautiful 20 acres near town, brimful dam, tradesman built cabin, only \$15,000'. If this ad appeared in a Brisbane newspaper, the chances are that the town would be Tara, a place better forgotten, while the tradesman built cabin would be a \$200 tin garden shed.

People write to me asking about land in the Noosa area and are quite adamant that they don't want to deal with a real estate agent. Let me point out that a reputable agent is the best person to contact. It's easy to find a good agent, just find our who's been in the area the longest. Keep away from the ones named after yachts, US cities or emporiums (enough said). I bought my property through an agent who spent nearly two days showing me around and I finished up very satisfied.

Let me give you a few tips on buying your Utopia: Organise your finance in advance, then you know what you can afford. Don't forget the money required for legals and stamp duty. Find out the rates and other council costs. Check for any council restrictions such as residence building, future subdividing for the children, check the flood map. When you find your block, make an offer, I believe most properties sell 10 to 15 percent below asking price. Don't sign the contract until you have read it. In Queensland make sure it is the standard REIQ contract form. Check the lot number and registered plan number to ensure that you are buying the right block. Be sure that the land is registered. Obtain a copy of the contract. I would personally use a solicitor for the conveyancing however anyone feeling confident can buy a conveyancing kit from the Law Reform Society and do it themselves, saving a substantial amount. Finally don't rush into anything, if you find the property you want, think it over until the next day.

Good luck to all you prospective land owners. Feel free to contact me if you want any information about my area.

Ron Haines
1/47 Tingira Cres
SUNSHINE BEACH 4567.

Dear Grass Roots Readers,

We, Monika, and my boyfriend, David, run a farm and a shop (petrol station) at Wulgulmerang, called 'Seldom Seen Service Station'. We have about 160 acres of land, just about enough to raise sheep there. The shop is open 11 hours a day, seven days a week. We plan to turn the place into a holiday resort for peace and nature loving, 'down-to-earth' people. My request: since the shop really is a full-time commitment, we are looking for honest and reliable people (preferably a couple with children) to look after it and the farm for 4-6 weeks a year. The payment is negotiable. I would be pleased about answers from congenial people who are interested in spending a working holiday on a farm. Return your answers to the service station please for further information. Looking forward to serious replies.

Monika Reinwand
Seldom Seen Service Station
WULGULMERANG via BUCHAN 3885.

Dear GR Folk,

Having sold our small farm in Vic, our bags are packed and we are heading off on a new adventure — a large sheep property in western NSW. With shearing, contracting and teaching there will be times when both of us will be away — is someone interested in caretaking, ie feeding/watering dogs, chooks and garden on occasions and daily checking of stock water in dry times, for free accommodation in shearing quarters with plenty of room for garden, animals and kids? Some paid work, babysitting, maintenance. We would prefer a family who use the school bus and have some similar interests or values to us eg music, crafts, gardening and permaculture, horses and animals, health foods, alternative medicine, healthy outdoor living etc.

Rick(30), Dale(29), Ryan(7) and Dusty Duggan(3)
C/- Post Office
STRATHBOGIE 3666
Ph: 057-905-220.

Howdy!

We normally write in to ask questions, but for once we've actually got some answers instead. Marie Clark, we're a bit further than 40 km from Gawler, more like 75, but we'd be very interested in bartering with you. We sell organic fruit and vegies, and eggs off the roadside, but would like to barter as well, so get in touch with us if you're interested. Ngaire and Rob Shorter, we dry lots of our loquats, and the result is quite tasty. We also preserve some, sell some, and we've even made loquat jelly. Belinda Battersby, a pyrethrum and garlic mix will get rid of your SPIDER MITES. We had a bad infestation in our broad beans, and only had to spray once. Don't spray any bees or lady beetles though! The lady beetles usually appear wherever there's mites or aphids (unless you use nasty sprays). Nadia Bradac, Four Leaf Milling Co, TARLEE 5411 sells organic maize, also milled maize. They would be happy to rail it to you. Once more answer, a general one to those few people who like to criticise 'dole bludgers'. We will be on the dole until our produce brings us in enough income to support us. Until then, we have our dole reduced by a certain amount depending on how much we earn. We don't mind being subsidised by the government for doing something we feel is beneficial to quite a few people (just ask our satisfied 'customers'). Besides, there is only so many jobs, and there are more people than jobs, so there does have to be X amount of people on the dole. It might as well be those who can be content with living in poverty, and who can do something constructive with their time, and possibly create their own employment, rather than those who become depressed with their unemployment.

A word of encouragement to low income-earners who think they can't afford to move to the country. We rented a house on one acre for two years, and in that time proved to the bank that we could live on very little money and bank enough from a low income to show that we could pay off a home loan. (Our income consisted of six months fruit-picking and six months dole for both of us). Now here we are with our own home and seven beautiful acres and we can work for our own profit rather than someone else's.

Paul and Jackie
'Rosenberrie'
PENWORTHAM 5453
Ph: 088-434-240.

Dear Grass Roots,

I am the secretary of St Helens People for Nuclear Disarmament and we have recently had our area (Portland Municipality) declared a Nuclear Free Zone. The problem is we are seeking signs to erect in our area stating that fact. I have seen these signs on the mainland but cannot seem to locate any down here in Tassie. The type I am after are metal, the same size as parking signs. Surely someone knows what I am after and where to get them, so please drop me a line with details.

I. Watkins
'Woodsong'
GOSHEN 7216.

Dear Grass Roots Readers.

I am trying to find out if anyone has a method of getting RID OF BLACKBERRY PLANTS without using highly inflammable, poisonous and dangerous pesticides. We have 1 1/4 acres of land which has wild blackberry plants, some of which are tangled up in other bushes like hydrangeas, which I don't want to kill in the process of ridding the blackberries. Suggestions please!

J. Kitchin
PO Box 736
NORWOOD 5067.

Dear GR People,

Could somebody in NZ help us, we are looking for a bush area in which we can live peacefully, the only requirements are fresh running water and a place to pitch a tent if no accommodation is offered. We would like to rent or lease the land as we do not yet have the money to afford to buy a place. Please, if you know of any such places anywhere in NZ could you let us know. Thanks.

Mike & Cleo
C/- Walkington
RD1 Waingaro Rd
RAGLAN NZ
Ph: 255-737.

Feedback Link-Up Feedback

Dear Meg and Crew,

It has been said many times before, but I'd like to express our thanks to you for the magazine. We discovered it three years ago, after we'd made the decision to have expensive (mains) power connected to our property — we wanted to go solar but (then) few sources of information let alone products were available here. Since discovering your magazine there's been a mushrooming of supply and information on alternative power sources around here. We now know people with solar, mudbrick builders, etc and organic growers. It makes me feel very warm inside to know that in so many places now sanity is starting to prevail and people are caring enough to look after our precious soil, and in the long run, the fate of ourselves and our children.

I have all the back copies to read and digest and little extras are being done here, as I sneak free time to read *Grass Roots*. I'm slowing down a bit as my five month old baby is teething and my two year old is a handful. My litter of seven Great Dane puppies have reached saleable age and even with three gone to new homes, the others descend on us early in the morning after being let out of the kennel; that is the end of peace, they 'galump' through the house like elephants, drape themselves artistically over chairs and couch, steal the baby's toys (unhygienic — but I try to be there to prevent it before it happens). I alternate between love-hate with them — I love the cuddly, lumbering, ugly lumps but there are times when my patience wears thin and out they go, confined downstairs until they venture up the stairs again to tumble through the 'cat hole' — it has no door, we never got around to putting one in, and the pups even manage to dislodge the 5 litre icecream bucket we shove in it to keep unwanted out! One day we must fix it, as it's a source of whistling gales in winter, but we only think of it as an emergency job while its windy. Summer brings complacency and lots of other jobs to be done, anyway. It seems an endless chore — you know all about that anyway, so I'll stop moaning — but really, its such a precious joy to be amongst nature, even when you feel she is against you. We love our 20 acres here, and have cleared (only sparingly!) moved a house in one piece here and set about building yards, bails, pig pens, paddocks, cultivating, chook pen, dog run, vegie garden plus so many more. We now run approximately 20 head of mixed dairy and beef cattle with the help of a neighbouring 20 acres we lease. We raise foster calves on our four dairy cows and are building up a herd of beef for vealer/beef production, enough to supplement our income and feed us. My husband works shift work with the railways, so is home to do jobs fairly often in the day time. With four children from 5 months to 15 years, we get by — just. I help by teaching swimming part time and have a stall at a monthly market.

Sadly, we will leave this one day, much as we love it, because I can't handle the heat anymore. We fell in love with Tasmania a couple of years ago, and our piece of Eden is on the market. We'll then pack up and move to a colder climate and hopefully have the chance to be mortgage free. I'm lucky to have an Aunt in Hobart who's going to help find us land — we hope to be able to build, maybe a log cabin; the experience we (he?) gained here in learning to use a chainsaw to build all manner of sheds, yards, etc has us confident we can do it ourselves. We're still young enough to try anyway.

Marianne & Errol Irvin
Hay Rd
WOLVI via GYMPIE 4570.

Dear Grass Roots Readers,

Would anyone please be able to tell me anything about CAMP OVENS? I think that's what they're called. I have spoken to two people — one in Australia and they mentioned that they are actually under the ground. If so then that's what I want. They're probably pretty simple but I really don't know enough to attempt to put one together. I have been making our own bread for 3½ years now. For the first two years I had a wood and coal range, so there was no power costs in cooking. We shifted and so the place we have now has only an electric range and the cost of power is so expensive, I wish to cook my bread in a camp oven. I'd like to know how you know when it's hot enough etc and when to put the bread in and for how long and so on. Waiting to hear from someone who knows something.



Kathryn Aldridge
C/- Keen
Bay Many Coves
Private Bag
PICTON, NEW ZEALAND

Dear GR Readers,

For the last seven years my husband and I have eagerly awaited each new copy of GR. I can't think of any new hints to contribute but I thought it was about time to say hello! My husband Ray (42) and myself (27) are on a pension and have been caretaking properties for the last five years. Before going on the pension for a nervous condition, Ray, who can turn his hand to anything, had a thriving handyman service. However, we love life in the country with the fauna and flora. At the moment we are caretaking a house and dog until approximately April/May when the owner comes back from overseas. Then we will be looking for a permanent caretaking position, we have our own transport and caravan if necessary. We have no children, but do have a miniature dachshund. We do not smoke, drink or touch drugs. Alternatively, if anyone knows of a small acreage, with or without dwelling, which we could pay off on owners finance with a small deposit, could you please get in touch with us. Anything and anywhere considered.

J. Erratt
C/- Post Office
MARYBOROUGH 4650
Ph: 071-284-061.

Dear Friends,

I've seen so many paradises in the world but second looks taught me that Australia is one when making some compromises! All over the world there are GRs but often not by choice (government and nature force them). The GRs here can afford to avoid modern chemistry etc. How lucky you are! I'd like to join you and look for a female partner up to 35, land, and experience. My parents started with nothing but a large garden. I'm used to hard work and life. Now they search for modern life while I try to go back. They don't understand GRs, like most girls don't. Here now is my chance! I'd like to buy a piece of land (\$8000 at present) in a community of individuals where I can get help and help them but am my own half boss, side by side with my wife. Breeding cattle would be a problem as I can't slaughter and hate the way it's done. I'd love the warm east coast. If you girls are connected with a good job I would do the housework and building and gardening near your work place. With some ideas and will, GR life can be led anywhere. On my way through the east/south I could meet you and any GRs for exchange of ideas and help.

Werner Macholl
C/-7 Banbridge St
KELVIN GROVE 4059.

Dear GR Folk,

I will be embarking on travels throughout Oz (possibly by the time of print) and would like to contact any good people who are willing to share their hospitality in return for an extra pair of hands and conversation. I have my own camper with the basic living amenities. I will be grateful of any letters, and will promptly reply. I will be travelling to Qld first; but any contracts elsewhere would be appreciated. I am a young woman of 21, strong, trustworthy and of a practical reliable nature. Thanking you.

Kylie Douglas
C/- PO Box 1578
DARWIN 5794.

Dear People,

Well the vegies are thriving here despite lack of water and my chickens are growing so fast that I can't keep up with them. They are at that leggy stage and look like miniature ostriches running around. I would like to hear from any genuine Born Again Christian single males who are into the same things as me, organics and self-sufficiency and are about my age, nearly 28. Also any people out there searching for God and who feel a little lost are welcome to write. All letters will be answered (if humanly possible).

S. White
C/- Post Office
KOONDROOK 3580.

Dear GR,

In response to Greg Langman who seeks an ALTERNATIVE TO DISPOSABLE RAZORS FOR SHAVING, why not try the method used by the aborigines — take one average sized gum leaf, set fire to the inner edge, blow out the flame after it takes hold and run the smouldering edge briskly along the desired area. It does work — apparently.

John Harvey
C/- Post Office
MOTUEKA NEW ZEALAND

Feedback Link-Up Feedback

Dear Readers,

I recently came across GR for the first time. It's certainly good to know apathy and consumerism aren't as prevalent as would seem. To all looking to escape the rat race for a more fulfilling lifestyle, good luck and thanks for the inspiration. Reading through GR I've noticed there are quite a few people seeking sharing and companionship which doesn't seem to automatically come to all individuals choosing the hard road to self-sufficiency. There are obviously many people who've established themselves in alternative lifestyles. Has anyone, presuming they're not an antisocial hermit, done this while living alone and liked or grown to like it? If so how about sharing, through GR, the mental processes that brought you to your state of mind. This would be of benefit to many GR readers coping with isolation.

Until I read GR I never realised that my grandparents, who lived on the then outer fringe of Sydney suburbia, were relatively self-sufficient. They grew their own fruit and vegetables, kept bees, raised chickens and made their own jams, wine and preserves. My grandfather was responsible for erecting most of the buildings and structures on their block. My grandmother did tell me once, however, that he could never bring himself to kill a chicken. This was her job and she did get to a stage in her life where she couldn't face a chicken in any form for several years!

My only experience with anything to do with a GR lifestyle, besides some back-yard vegies, was brought to mind by a recent GR article on bantams, some of which used to be free range in the said back yard. Yes, they do make good mothers. However some individuals tended to persist with brooding after all their eggs had hatched, in which case we resorted to late night kidnappings and transferring of chicks to another hen. Generally hens will care and fend for a brood of a few individuals for a longer time than a brood of more than five. We once had two hens go broody on a single egg and they raised it from hatching until it was a rooster almost as big as themselves.

J.J. Steins
14/75 Liverpool Rd
SUMMER HILL 2130.

Dear GR Readers,

My husband and I (in our early 30s) are developing a 5-acre perpetual lease, 180 km south of Darwin. Our block borders a permanent billabong with freshwater crocodiles. In our 15 months we have built a small cabin where we sleep, semi-built a house where we cook and eat and an old shed we use as a store room. We also have a small but growing garden and use a 2000 gallon tank for irrigation of the garden and fruit trees. We are wondering if there are any couples interested in a similar lifestyle who would like to rent a couple of acres on a perpetual basis. We have a wide variety of tools and skills which we are happy to share. We both drink and smoke in moderation but are not into drugs or heavy religious sects. Would like to hear from any interested parties.

M. Wilson
C/- Post Office
ADELAIDE RIVER via DARWIN 5783.

Dear GR Ladies,

I am a 42-year-old Aquarian with a 40 acre rural property with cabin, adjacent to state forest, abundant flora and fauna, minutes from Ninety Mile beach, lakes, fish markets, thriving tourist town ideal for persons into art and craft, hobbies etc, seasonal work, orchards, plus season tourists. Half hour drive to large country town (Bairnsdale). Also minutes from riding school, lake cruises, joy flights, museums, yearly carnival, good shopping centre etc. I am seeking the sincere, honest, caring, genuine, longstanding companionship of a down-to-earth GR lady (25-40) to live in peace and harmony with no ties or hang-ups and share life's joys that one cannot find in the big smoke or rat race. I enjoy good fresh home grown fruit and vegies, bush walks, wild animals and flowers, listening and talking, humour, mainly country and western music, self-sufficiency, art and craft work, mud and bush construction, swimming, being creative in general. I do smoke and I am a social drinker. My dislikes are users and abusers. Transport would be appreciated and I am willing to share costs re vehicles. Interested persons please feel free to write.

P.W. Reeves
C/- Post Office
LAKES ENTRANCE 3909.

Dear Readers,

I was very interested to read that Vicky Schultz of GR 52 used the same method I did fifteen years ago. I lived in South Africa at the time when my daughter was born. A very kind old nun used to come in and check on how I was progressing with my new baby. My breasts became as hard as rocks and full of lumps and the milk just wouldn't come out, it was very painful. She suggested I put the outer leaves of cabbage inside my bra but she also warned me not to leave them in too long as this could dry up my milk. Sure enough after leaving the leaves in for half a day all the lumps were gone, my daughter could drink again, but alas, I was drying up, I didn't have enough milk left to feed my little girl. Needless to say panic set in as I wanted nothing more than to breastfeed my baby. I told my problem to a dear old native woman who in turn suggested I drink ½ a cup of pure cream 15 minutes before feeding time. By this time I was desperate as I had tried milk, water and stout beer by the gallon and nothing had helped. The cream was my last resort. 'It worked'. I drank the cream for several days and I never looked back. I breastfed my daughter for 1½ years thanks to two wonderful ladies. I also used to make Biltong, I found it great to give to my daughter when she was teething. She loved it. I think that it is better than a plastic or rubber teething ring.

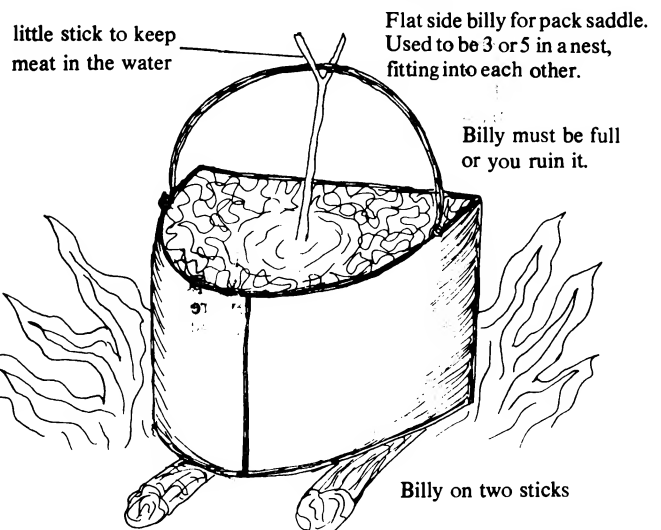
I wish you all a happy new year.

Elke Cordes
C/- Post Office
KANGAROO VALLEY 2577.

Hi,

GR51 re Alethea Kramer's questions about removing salt from bacon and ham. When you cook it, as soon as the water boils (don't wait as the salt will go back in), tip the water out and put in fresh cold water and finish cooking it. Now if it is still salty you can boil and tip the water out, or put potatoes in to boil with it. We live on salt beef, dry salted and we never have trouble. Sometimes it is so old it's white. We have very little vegetables, if any and my mate died at 98! Using coarse salt to salt meat is less salty than fine salt; pure seasalt from the salt pan on the beach is not suitable, the meat will turn black, too much rubbish (manganese I think) in it. When I was a kid (over 50 years ago) we used to make ham. The old granny used to manage the ham with a tea towel pushing and wiping off all the blood possible. The ham was put in the brine, for not very long. She shaped a little stick and poked them, by the smell she could tell how far the brine went in. Then she used to leave them to dry. We would eat this ham raw.

How we Cape York drovers cooked our salt junk.



May the peace of Allah be with you.

Michael Bidillet
Louisiana Station
via COOKTOWN 4871.

Feedback Link-Up Feedback

Dear Meg and David,

As another year closes we, Bronwyn and Rob, Colin (12), Brenton (8), Gillian (6), Gabrielle (4), Patricia (3) and Jeffrey (1), can look back and see how we have progressed. Last Christmas saw the arrival of Jeffrey, a beautiful sixth child who has brought us much happiness and laughter this year.

We have had quite a few other additions to our little farm this year. The first were two piglets. We bought them at eight weeks of age and one is already in the freezer. He has been replaced by four more six week-old piglets, of which one is a sow. We will keep her and save a male from the next batch we buy, and then start to breed our own. A local butcher says he'll buy any pigs we raise, but we haven't room for too many.

Next we bought an Illawarra cow from a registered stud. We decided that a good cow was a better investment than a cow from an ad in the paper. Beryl is aged (six years) but has a good nature and is easy to move around. We bought an Alfa-laval single milking machine and find it gives us a good amount of milk in less time compared to hand milking. That took forever and she trod in the buckets! Much swearing.

Of course we still have our chooks. They are in a new, larger enclosure. Total free range is fine theory, but quite impractical if you are also trying to grow vegetables. What we have done is compromise by fencing off about a third acre and also chucking in all the weeds. This week we have picked up two Illawarra calves, a red one called Rusty for Colin and a beautiful roan, Kitty, for Brenton. Our sheep — six ewes with lambs — arrive Friday and also six geese and a gander.

Rob is still working full time. He is on afternoon shift, in the workshop of a nearby open cut coal mine. My job of cooking, washing and ironing is also full time, as you can imagine. I find it very interesting that the children who were pre-schoolers when we moved here are far more in tune with farm life than Colin or Brenton who were already at school. We are hoping that Rusty and Kitty will wean them away from television and wanting video games.

We bought an electric fence setup, energiser and polywire (thought ordinary wire would be harder to move) to fence off the front lawn for the sheep. Now we are electric fencing devotees! Rob wired the insulators on the tomato stakes (27c as against \$3 for steel posts) and we just ran around the fence line with the roll of polywire suspended from a rake handle. Simple and it works.

People often write and ask what they need to start a self-sufficient lifestyle. Firstly either lots of money or a steady job. We are leasing here as decent land is too expensive in this area. Next, you need a good constant supply of water. The mining company which is our landlord installed a pump on the Hunter River for domestic and garden use. There is no substitute for water. While you might be able to go without electricity, everything you do needs water. When it comes to implements etc I would recommend a good solid builders wheelbarrow. Don't muck around with pretty garden styles, a wheelbarrow has to be your workhorse. It carries fencing material, manure, produce, tired kids and plants. A huge supply of buckets is also necessary for carrying everything imaginable. We have about 25 and I need still more. I buy the plastic 'el cheapo' type and they make good plant pots when they get holes.

Finally you need optimism and hope that the future will be better. When the chooks get out and eat 40 cabbages while you are in town, you have to clip their wings and hope that will keep them in as you haven't time to make the fence higher. When the cow escapes and you spend all day looking for her, you have to be glad she's back in her yard.

We've been here 2½ years and will only leave when we can buy something similar — if interest rates ever become reasonable. We desperately need help. The days are too short, even with daylight saving, and the tasks too numerous. If we could find a family with a couple of kids (or three), we could get so much more done. We have a two bedroom mobile home sitting there waiting for visitors, but a willing hand would be better. Perhaps someone who is unemployed, but longing to get out of the city. Rob wants to build some mudbrick masterpieces — a cubby house, smoke house, workshop etc but has no time. He has done courses with Brian Woodward and John Archer. I want to spend more time on sewing, tapestry, macrame etc.

**Bronwyn Norman
'Archerfield'
SINGLETON 2330.**

Dear GR Readers,

I have been reading *Grass Roots* since issue 5 or 6 and when I find the time, I sift through them for new information as my interests and experience change. Since those early days we have had three boys, now five, three and five months.

My main reason for writing is to ask for help. We have done away with our huge electric oven and bench top cooker and replaced it with a small convection-microwave and 'Canberra' combustion stove distributed by Lavec. My problem is inexperience with combustion stoves! I have found some handy hints in the second *Earth Garden Book* but I would appreciate any other hints or advice on cleaning, cooking utensils, 'can't go wrong' type recipes etc. The stove is connected to our solar hot water system which we previously boosted with a simple outdoor fire in a drum when necessary. I'm looking forward to trying out breadmaking (I've never had much success in the electric oven).

We live on five acres just south of Maryborough. We bought our land about nine years ago and in those days we were only interested in privacy. Now we curse the clay and ironstone but we've managed to build up a veggie garden and we've planted grapes, passionfruit, avocado, pawpaw, banana, peaches and a couple of citrus mostly in raised beds and heavily mulched. We cover the mulch with chicken wire to protect plant roots from our over zealous chooks. The garden often grows wild through lack of attention but still gives us tomatoes, beans, potatoes, cucumbers, herbs and such things that manage to replant themselves. Can anyone tell me how far away from the native trees you need to be to stop their roots from plaguing a no-dig garden? Also, we have been given three grafted apple trees — has anyone in this region had any success with them. They're growing very quickly but perhaps it's too warm for them to bear fruit.

Last year sometime, someone was asking about GOANNAS. We've tried everything short of shooting them which I think is illegal. We've learned to recognise warnings from the kookaburras and butcher birds. They go crazy when goannas are around. If one manages to slip by them, we have built a brooding box which is goanna proof with bulky wire and we've put our laying bins up high with no gangway. They're attached to the walls of the chook pen and the goannas seem to have difficulty getting in. The chooks fly up (about 1000 to 1200 mm) to the shelf outside the laying bins. But certainly the birds are the best protection. As kookaburras live in an extended family situation for part of their life, once they come you usually find the population increases rapidly.

For those interested in MAKING THEIR OWN COSMETICS — after much trial and error I've found a good all round recipe for a cleanser/scrub/mask. Fill a clean 500 ml glass jar with honey, top up with rolled oats (quick oats are the cheapest and give the best results). Mix well, add 5 to 10 ml of eucalyptus oil and mix again. The one or two tablespoons of wheatgerm and mix again. For oily skin add cornflour, for dry skin cut down on the eucalyptus oil and add either glycerine or a light moisturising oil of your choice. Splash face with water and rub a teaspoon of mixture over your face, either wash off straight away as you would soap or allow to dry and treat as a scrub or mask. I'd love to hear from anyone who has hit upon a good recipe for face moisturiser, hand cream or shampoo.

The three goats are yelling to be fed and the baby is crying so farewell and warm wishes.

**Penny Putney
M/S 221
MARYBOROUGH 4650.**

Dear Beautiful Dreamers and Readers,

I have a great love for the country life, searching for opals, searching for animals to hunt, never killing a thing when the opportunities present themselves in their full magnificence. Had killed dogs when I was small to protect my baby chickens. I don't know if I would face a wild pack on the kill or wild pigs alone, without a back-up? Maybe I will have to if I can't afford to call in a professional. I enjoy the cool places to live, Tass and Darling Downs — I still value my fair skin and don't wish to lose my youthful complexion (one doesn't know who one may meet — chopping wood). Any sound advice to protect my skin and sore muscles will be appreciated. Best of luck to all who are trying so hard to make a go of it, she's a great country.

**Meree Chivers
C/- Unit CN 104/22 McIlwraith St
EVERTON PARK 4053.**

Feedback Link-Up Feedback

Dear Readers,

Grass Roots is a great magazine with a very down-to-earth practical outlook. Keep up the good work! I'm busy writing and researching a book on a more esoteric topic than what is usually encountered in the pages of *Grass Roots*. My topic is psychic phenomena, and I am attempting to classify, clarify, and even rationally explain, a vast range of phenomena such as inner visions, telepathy, precognition, ghosts, OBEs, UFOs, etc. Despite the esoteric topics dealt with, my book is intended to bring it all down to a more practical and rational level. I've been working on it for about a year now, and it has grown to about 350 pages, a medium-size book. However there are too many loose threads in the analysis, and I particularly need to confirm, clarify and extend many explanations with more accounts of actual personal experiences. My reasoning is that GR readers tend to be more sensitive and possibly more psychic than the general run-of-the-mill population. I invite readers to write to me with accounts of actual experiences they have had. Also inform me whether or not you want your name to be printed in the book. I am particularly concerned with unexplained experiences connected with vision, such as seeing inner lights in meditation, ghosts, UFOs, etc. By compiling experiences, I am building up empirical evidence for various ideas, and new avenues suggested. Even your seemingly insignificant little unexplained experience could contribute toward putting together the pieces of the jigsaw puzzle. I particularly want to know how you felt during the experience, state of mind, body sensations, etc. I have gleaned profound explanations of some psychic and meditation phenomena from some quite rare books on yogic philosophy that I found in India and had to translate. It seems true that everything was known before. By getting together and sharing, we can rediscover these truths. Full confidentiality is assured. God bless.

Barry Kauler
PO Box 244
MOUNT LAWLEY 6050.

Dear Grass Roots Readers,

The Emerald Circle is a group of people who meet in the Sunshine Coast area. We are all from different walks of life, having one thing in common — psychic awareness. Our group experiments in the paranormal show amazing results. In our strength as a team, we have made tremendous gains in healing and problem solving by telepathic methods. We have helped people as far away as the United Kingdom and the USA. People with health or personal problems are invited to contact us by mail. Send full details of the problem, a hair or nail clipping, date of birth, and a photograph if possible, also a stamped addressed envelope and telephone number. We shall make contact as soon as possible. There is no charge for our services. Donations are welcomed. The circle consists of thirteen people. Our aim is to help others and encourage self help. All correspondence is kept confidential. We are not attached to any church or religious organisation. We intend The Emerald Circle to operate in all parts of the globe. This will give us greater power to help others. Similar groups are invited to contact us. Genuine people interested in forming a group in their area are invited to send a donation for details.



The Emerald Circle
C/- Lot 7 Lake Cooroibah Rd
M/S 1537
TEWANTIN 4565.

Dear GR Readers,

As usual, after reading GR magazine, I feel full of enthusiasm for learning more about alternatives to our consumer society. Also it's nice to know there are so many other interested and caring people in Australia. After working in Karatha for the past two years we are ready to move to our 'new' old house in Westmurdie Hills, Perth. We want to set up an organic garden, grow fruit trees and chooks etc. Also we'll be renewing a lot of the house and hope to do it by ourselves. Our family consists of Rob, myself, Lauren, 3 years and Alison 18 months. I am hoping to meet up with people with similar interests so if there are any people in the Perth hills area who would like to drop by or write, I would love to hear from you.

Karen Davidson
22 Rooth Rd
WESTMURDIE 6076.

Dear David and Meg,

We are a family with four children (two under two) in search of a special person to help. First, a little about our life. We biodynamically farm (dairy) 14 km north of Shepparton in flood irrigation country. We also have a school on the farm, which opened two years ago, based on the insights and educational guidelines suggested by Rudolf Steiner. It is fully registered and growing! Mother of babes has not fully recovered her stamina and needs an experienced, independant and resourceful person, able to fit in anywhere, do anything and love children, as friend and helper wherever needed. This position might suit a person on her own, (perhaps from another country) or a couple (there is much to be done on the farm too!). We have a caravan on the property and there are washing facilities and shower in a dairy nearby, which would provide some independant space and privacy — even if a little confined for some. A minimum commitment of one year is essential (for the children especially) so obviously mutual interests and enthusiasm would need to grow for there to be an ongoing and mutual wish to work together. All practical details, money etc are negotiable. The most important thing is the right person(s) — the rest would surely follow well.

Suki Hardie
RMB 2025
KATANDRA WEST 3634.

Dear Grass Roots Readers,

I am seeking information re Crown Land blocks. I have written and received a reply from the Crown Lands Office, but would like some more information, preferably from someone who has done it, before proceeding any further. Specifically costs, building requirements; eg would one be allowed to build a yurt or cabin-type dwelling? Also minimum area, in short any relevant information particularly as applied to a half to one acre blocks? I am interested in the Tamworth, Lismore or Hunter Valley regions. I also have small capital so as an alternative would anyone know of a small area for sale, preferably with small dwelling? I can pay up to \$20,000; would prefer a small township such as Bendemeer, Woolomin in the Tamworth area, or something similar in the other two areas. I would also like to contract Chris Murphy and his friend Garry who were staying at Strathfield Hotel in Sydney in September 1983. I have tried every way, but so far have had no success. Chris was living at Swansea near Newcastle at the time, and Garry originally came from Murwillumbah. I would very much like to contact them again, so help here would be greatly appreciated.

Barbara Maurityer
PO Box J236
COFFS HARBOUR JETTY 2451

Dear Readers,

Is there anyone around the Armidale area that can help start a primitive BUCKSKINNING club. All the other clubs in Australia have been started through the love of the old muzzleloading firearms, and although this club will be no exception, you do not have to own a muzzleloader to join. There are many crafts involved in buckskinning, so if you think that you might enjoy learning 200 year old crafts, and going on primitive camps, please contact us. There is something in buckskinning for all to enjoy. Families welcome.

Keith & Carolyn Burgess
C/- Post Office
ARMIDALE 2350.

Dear All,

I am interested in preserving the rarer species of chickens, and in doing so I desperately need an INCUBATOR. I am sure there is some inventive handyman who has made an incubator and I would greatly appreciate any diagrams or plans. Or if someone has a small model they have no use for anymore I would be interested in purchasing it. I thoroughly enjoy my hobby; one of the species I have is the Barnevelder which lays pretty chocolate coloured eggs. If someone shares my interest they are most welcome to write to me. Also has anybody got any spare Silkies or Marans they would like to sell. I look after my chickens very well, as of my other types of poultry. All letters will be gratefully acknowledged.

Elizabeth
'Methven Park'
ARDING via URALLA 2358.

Feedback Link-Up Feedback

Dear GR People,

It's a year since I last wrote. Since then we have moved to a 46-acre property in the vicinity of Bathurst and Orange. I'd like to thank the people who wrote to me as a result of my letter, and also on behalf of my daughter, Melissa, who wanted a penpal. She was inundated with replies and has continued to write to a lovely girl from Jamaica — GR certainly travels.

We anticipated difficulties with the transition from city life to country — but I can't say we've found many. People in the nearest town bend over backwards to help anyone from out of town (we're about 50 km from each big town) and both towns have most facilities we require. Our second daughter, Catherine (11), who requires constant medical care is under the watchful eye of an extremely vigilant pediatrician at Orange and our six-monthly trips to the Children's Hospital in Sydney are in part paid for by the Commonwealth Dept of Health under the IPTAS scheme. These visits also give us a chance to catch up on friendships — very important. The children catch the school bus to Blayney practically at the door, and later on, for any tertiary requirements there's Mitchell College, at Bathurst. We like the weather — much cooler than Sydney, incredible frosts in the winter, and, much to the delight of the children, snow. The nights are always cool even if the day is hot, so one can survive without the awful lethargy brought on by the heat.

This leads me to some queries — it's nice to know there is such a wealth of information out there. Firstly, we inherited an orchard of mainly apples, pears, quinces and nectarines. The trees look healthy — we mulched and lightly pruned in winter. They were a mass of beautiful blossom and despite the frost, plenty of fruit. Now the fruit seems, with a few exceptions, to have dropped off. The locals seem to think the orchard has never been successful — it's about 10-12 years old. There's a fair bit of wind, but it didn't seem to deter the blossom.

In the same orchard — there's plenty of space between the trees and round about — I have planted beans, peas, corn, pumpkins, comfrey, strawberries and youngberries. The comfrey and strawberries are going great guns but the others are stunted and light green. Likewise everything else I try to grow, even though it has had liberal mulch and goat manure. Silverbeet and rhubarb do well in one garden, next to miserable peas. Any ideas? Suggestions for gardening in cold climates are always welcome and can be adapted to suit our particular environment.

We have had repeated TROUBLE WITH FOXES and the poultry (geese, chickens and, this morning, a turkey). It's no use locking them up at night — we do that anyway. It comes mid morning (10.30). We've tried to catch it but so far no luck. We still keep providing its dinner 'on the hoof'.

Would anyone have a RECIPE FOR TACO SHELLS? Also, we are looking for horses for the children. We can't pay much, but we can offer a loving home, lots of feed, shelter and care. They must be absolutely quiet — Catherine has been going to Riding for the Disabled and thinks she's an expert, but it wouldn't take much to prove her wrong. The ideal horse, or horses would be smallish, any age and have had previous child riders — possibly their owner/s may have outgrown them. If there is such a horse around, looking for a home, we'd be glad to hear from its owner.

**Penny Bourke
'Gildroy'
HOBBYS YARDS 2795.**

Dear Readers,

Thanks so much for the great response to my letter in GR 50. It is overwhelming that so many readers participate in someone's misfortune and try to help. However, things went differently than I expected when I wrote that letter, now I am left in exactly the same position (although a bit better off) as before. So I would like to try again. I am 33, male, a single parent and live with my four-year-old daughter on our share in a community in SE Queensland. We are happy about almost every visitor who drops by, so if you want to spend some peaceful days GR style in bush surroundings, please pay us a visit, but write before. I am also very much interested in meeting a lady (kids welcome) to share my life with (preferably a water-sign, as I am Pisces and my wife was Sagittarius, which didn't work at all). I like gardening, an alternative lifestyle and many other things. Please write.

**Willi Rekowski
C/- Post Office
BROOWEENA 4620.**

Dear Readers,

We are a young couple, Steve (27) and Karen (23) with an 18-month-old son Danny, living in the north-eastern suburbs of Adelaide, SA. We are both interested in living as naturally and peacefully as possible, believing in a nonmaterialistic, honest and tolerant way of life. We would dearly love to find our special place in a peaceful country environment, but due to several factors (financial commitments, the price and availability of land in SA, work and study commitments), we have to accept that our move cannot be tomorrow, much as we dream! We are always looking at land and reassessing our situation and hopefully it won't take us too much longer.

We find it disheartening that where we live there doesn't seem to be many people with similar interests and dreams. Even in *Grass Roots* most of the letters are from the Eastern states. We would really like to correspond with likeminded people from any area of Australia, especially in the northeastern area of Adelaide. Any correspondence will be much appreciated and will lift our spirits and help us to survive in the suburbs.

We are doing the best we can on our suburban block which we have planted thickly with natives for privacy, shade and protection, noise reduction, bird attraction and because we like them. We managed to leave enough room for vegies and herbs and also a play area for Danny who is very adventurous exploring in the garden. Steve works propagating native plants in a nursery and has been leatherworking for a couple of years now. He is going to classes at the Jam Factory learning traditional shoemaking. As well as looking after Danny and studying I like sewing, spinning, knitting, cooking, gardening, macrame and learning new things. We would really love to hear from people interested in similar pursuits.

**Steve, Karen & Danny Mundy
12 Chardonnay Cres
WYNN VALE 5127**

Dear Folks,

Anne Mayne wrote of the heartache she and her son suffered because of burns. Anne and others may have been saved some of the agony if somebody had told you the first thing to do is to cool burns under cold running water for ten minutes or more. Shock can be helped with a large dose of vitamin C. Then transport to hospital, if possible wrapped in a wet cold towel. A nursing friend told me this two weeks before our own son fell into an open fire (fuel reduction) at our block. We pulled hot coals out of his palms and held him in our dam, then wrapped his hands in a wet towel and took him into hospital. He was in shock and needed a sedative. He played peek-a-boo with nurses and doctors alike from behind his bandaged hands in slings. I found David had less shock if we did the dressing ourselves than when the district nurse did it. A wheatgerm oil capsule pierced and rubbed in helps heal both graft sites and burnt parts. Even now almost two years later he comes and asks me to rub Aloe Vera cream on. He didn't and hasn't needed any more operations to date after his first skin grafts. In writing this I hope I may save someone the heart ache that Anne has suffered — cool it as quick as possible.

**Dorothy McInnes
122 Reservoir Rd
BENDIGO 3550.**

Dear Readers,

I have tried every WART CURE I've read in GR without success (such as lime water that just tastes foul) and the wart grows on. I was wondering if anyone knows of a cure. I am 46 years old and would like to correspond with anyone wishing to travel Australia, preferably a nice lady of 30 to 40 years, non smoker or drinker of alcohol, but into nature, music, travel and a good time.

**Harry Ardouin
PO Box 678
CABOOLTURE 4510.**

Dear Meg, David and Readers,

I would like to buy some land (100 acres or more) in the greater Grafton area, and I need information about this area (soil condition, annual rainfall, government or shire attitudes to building and land preservation etc). I have planned to go to Grafton in March and I would dearly love to talk to GR people about buying land in this area. If you can spare the time please drop me a line.

**Christine Lindlar
PO Box 370
KATHERINE 5780.**

Feedback Link-Up Feedback

Dear Grass Roots Readers,

I hope everyone had a good Christmas. Mine was OK but now I find myself in such a mess that I am writing to ask for help. Can anyone tell me where I can find a place within two or three hours drive of Perth to rent? I have quite a few animals for which I need a small bit of grazing (a goat, chooks) and I am interested in getting some guinea fowl. I'm a nervous wreck about a tiger snake which has taken up residence outside, with my siamese cats and my absolute fool of a puppy wandering around in a perpetual daze. I would have clobbered the snake but had to race to get the hose and turn it on three cats to distract their interest and then it went under a concrete slab.

I am on an invalid pension and yes I know it is silly to have expensive hobbies (the cats) but without them I would commit suicide, so work it out for yourself. They are the only family I have. Half my pension goes on the rent on this place, which apart from the cost is ideal for me. It has electricity and a bathroom, two items without which I could not exist. I know, because I've done it. Yuk.

The ideal setup would be caretaking with animals, though I must state immediately that I am terrified of pigs. I've never had anything to do with them. It would be marvellous to meet someone who either has animals — to add spice shall we say — or would love mine. I am a very alone sort of person, my animals come first, last and forever. At present I have seven adult siamese, two teenage kittens, and three babies. The puppy is a male deerhound. I could never breed them as the litters are very big and have to be culled. He is growing like a weed and really is very good, but thick isn't the word for it. The goat I have for milk but she is due to kid at any time so it's a matter of waiting. The chooks are for eggs, mostly for the cats and pup. They have a rooster but he has yet to prove himself. I couldn't have four hens that were infertile could I?

Hope someone can come to my aid before I have a nervous breakdown, which I can't afford to do. Great magazine, thanks.

Pat Lever
Lot 41 Allen Rd
FORRESTDALE 6112.

Dear GR Readers,

I am writing to see if anyone in Northern Tasmania on an acreage, with school bus close, would be INTERESTED IN SWAPPING OUR NEAR COMPLETE HOBBY FARM (all the hard work is done). Our for sale ad is in GR 51 and 52, we would also need some cash in the deal. For health reasons, we need a colder climate. We would consider just land and cash or house, basic furniture, animals, cash. We have 4 children and are horrified that people are wood chipping areas in Tasmania. Where are the forests of the future? If you think we may be interested in what you have to offer in the way of a swap, please contact us. We like wood burning stoves, using the dead wood from forests and keeping nature in balance, no chemicals on the soil. We don't like politics though. We thought instead of waiting to sell here first and then go to Tasmania, we would try the swap idea.

R. & F. Mahe
MS 368
BUNGADOO via GIN GIN 4671
Ph: 071-774-208.

Dear Grass Roots,

Thank you for being a terrific connection for all of us otherwise isolated country people. I've read GR since No 1 and always found it inspirational and an invaluable resource. If it wasn't for GR half of us wouldn't have done it.

Michael Gardiner

Dear Grassrooters,

I'm hoping that you can help us with some advice. We want to build a COOL ROOM, and thought that by building it under a large water-tank, about three-quarters underground and one quarter above, with flyscreen all round, allowing free-flowing air at all times, it would be insulated from the sun and therefore cool. Has anyone had any experience with building a cool-food storage room? If so, would they share it with us? Also, does anyone know where we can obtain greengage trees, and indeed, are they available in Australia?

Hans & Gina
'The Retreat'
C/- Post Office
WINGELLO 2580.

Hi,

I have good land suitable for growing anything. Water is available. I am looking for a female, of any age, who would like to caretake on the station when we are out mustering (most of the time). Perhaps an elderly lady would be best. She must be able to keep the house clean, the horses out of the yard, the water taps closed, and visitors at bay. A Queensland female is preferred, early riser so as to have breakfast with us, an educated female of happy disposition, good health and solid build (Dolly Parton style — they are always good cooks), interested in handcraft. We have a lot of meat and not many vegetables because we don't have time to grow them. There are chooks and all facilities to grow things. So if you are interested, discreet and tactful you can be a live-in companion on a station in the wild — rainforest, cliff-like ranges, miles of creek. We don't have a mail service or telephone. I am interested in animals, archaeology, anthropology, speak French and Spanish. My star sign is Cancer. I seldom go to town, if ever.

Mike
C/- Scheiwe
Post Office
HOPEVALE via COOKTOWN 4871.

Dear Meg and David,

Many thanks for your great magazine, which has been the source of much information and joy for us over the last few years. I'm like a young child, full of anticipation and excitement, when the latest precious copy arrives in the mail. Although we are city dwellers, our lifestyle has changed for the better because of numerous influences, of which GR is one.

To vegetarian parents with young babies, I'd like to recommend Sharon Yntema's book *Vegetarian Baby*. This comprehensive book encompasses issues such as development and diet from newborn to two years, food preparation and recipes, as well as nutrition requirements when pregnant, lactating and weaning baby. Although Ben is four months old and yet to embark on a diet of solids, this book has given me the confidence to offer him a healthy, meatless diet in the future.

I wholeheartedly agree with Carol Case in her appreciation of Meg's honesty and openness in GR 50, DHOF. I enjoy this segment of the magazine immensely, particularly Meg's candid descriptions of daily life, interspersed with humour and personal philosophy. Thanks.

Rae, Richard, Wade & Ben Harvie
36 Graham St
PARA HILLS 5096.

Dear GR Readers,

I've often wished to write to your wonderful magazine but have been sadly lacking ideas of what to write. Now 'The Earl of Brentwood' (GR 51) has given me an excuse. I cannot believe the audacity of this chauvinistic misogynist (woman-hater). I'm normally a very tolerant person who respects another's views but 'The Earl' (who does he think he is?) has gone too far — it is precisely this sort of narrow-minded attitude which has oppressed women for centuries!! For every woman who is seeking a free meal ticket there'll be at least one male looking for an unpaid prostitute, cook, babysitter and general slave. I do not mean to sound cynical, I believe that the majority of GR contributors are genuine, caring people — I just want 'the Earl' to know that women ('desperate females' were his words) will no longer stand by and listen to the sort of archaic drivel this man expounds without pointing out his very obvious prejudice. I am deeply offended by his attitude and I'm sure many other men and women felt the same on reading his letter.

On a lighter note it's good to see a few New Zealanders contributing to your magazine. I'm at present attending the South Pacific College of Natural Therapeutics where I'm doing a three year diploma course in Naturopathy. In three years time, I hope to go into practice somewhere north of Auckland in a self-sufficient community. I would also be interested in starting up an alternative school (my son will then be five). I'd love to hear from anyone who has done this and can offer suggestions and practical advice, or even just from someone who has the same dream.



Martine Littin
121 Marsden Ave
MT EDEN, AUCKLAND 3
NEW ZEALAND.

Feedback Link-Up Feedback

Dear Grass Rooters,

Are there any contented genuine folk with similar interests needing help with their dreams in Oz or New Zealand. After 10 years working, studying, teaching and travelling overseas I've returned to rediscover our special lands and ocean. I'm delighted with the progressiveness of GR and through its readers I hope to be directed in my travels to alternative lifestyles with common interests to share and enjoy. I'm 35, a vegetarian, nonsmoker, nondrinker, with a good nature who enjoys open friendship, independence, cultural music and dance, holistic philosophies, yoga and astrology, organic farming, sailing and beachlife, bush walking and mountains. Casual work would be welcomed, I have many years in landscaping, stone work, building and forestry work, also taught yoga in classes and privately. Would appreciate any information or letters, at present I am living, working and exploring Tassie where I have land. There's space for mature GR woman companion. I'm leaving in March.

Rob
C/- Archer St
PORT SORELL 7307.

Dear Readers,

I have been reading *Grass Roots* for over six years now and really hate to miss it, which happens sometimes when I get to town late and find they have been all sold out. The readers' letters and articles are all very interesting and it is lovely to read of the hopes and ambitions of those trying to live in the country. I have spent all my life in the country, having parents who selected and later when I married we reared a family on the land. We had very little money and no conveniences. There was not even a road so all our goods were transported either by pack horse or bullock teams, as the four wheeled drive vehicles only became available after the Second World War. Later we managed to put a deposit on a few acres here so the family could go to school. They have all left now and have their own families, but they still enjoy coming back to visit and really love the land.

Jessie Ward
JIGGI via LISMORE 2480.

Dear Readers,

I am currently researching and collecting information for my thesis to complete my Building Degree (University of New South Wales). I am writing on the problems which owner-builders face when building in mudbrick. I am collecting much of this information by sending questionnaires to people who have built with mudbrick. Anyone who has built with mudbrick and would like to answer a questionnaire or tell me of any problems whatsoever which they encountered (eg council, finance, construction, repair, etc) could they write to me with their 'story'. All information will be gratefully accepted and no names will be used (published) at all; letters may be anonymous if wished. I hope to promote mudbrick housing as an acceptable form of construction.

Richard Hillyer
12 Essex St
GUILFORD 2161.

Dear friends,

A few months ago a South Australian reader (from Cudlee Creek) wrote in reply to my last GR letter. Unfortunately, I have mislaid the person's name and contact phone number and address. I'm writing hoping that she'll read this and write to me again. It is really a sign of people's awareness changing that there is so much interest in raw foods and the importance of correct diet for health. Keep reading Dr Anne Wigman's books for inspiration and guidance.

Peace, Love, Health and Courage to all in 1986.

Alice Grigg
PO Box 86
BIRDWOOD 5234.

Dear Readers,

We would like to hear from anyone who has information on HOUSEBOATS, such as price (we're willing to renovate), availability, where we would find them advertised for sale and mooring sites. We would also love to hear of readers' experiences with houseboat life. We are a family of four including two boys aged nine and eleven years, presently living in a caravan and planning to head south later in the year. Best wishes to all in 1986.

Terry & Ellen Walker
PO Box 36815
WINNELLIE 5789.

Dear Meg, David and GR friends,

HELP!! My OLD CAMPHORWOOD CHEST-OF-DRAWERS is starting to crack, because of the dryness up here. I need advice from someone who knows how to 'feed' the wood and prevent it from further damage. I wondered whether I could use camphorated oil, but it isn't sold any more, at least, not here. I tried some wax on one end, but that doesn't seem the right sort of thing to use either. Would it be possible to crush blocks of camphor and melt them into an oil and use that? If that is a feasible proposition, what would be the best sort of oil to use? As far as I know, the wood has never been finished, that is, polished or waxed in any way, and I would like to keep it unpolished, so I surmise that oiling it would be the way to go. This chest is one of my few remaining cherished possessions, so any advice that a furniture expert could give me would be most gratefully received and appreciated. All letters will be answered.

Jenny McKenzie
PO Box 556
KARRATHA 6714.

Dear Meg and David,

Thank you for a most enjoyable magazine. It's not one that is disposed of, rather it is lent out and can be very tatty coming home again. As those of us that have in the past suffered the discomfort of migraine will appreciate, we all differ as to what effect it has and what are successful cures for the wretched complaint. So with that in mind I'm offering no panacea just a mixture that helped me. When one has the first twinge, drop what you're doing, lower your body temperature (wrap a wet towel about your head and neck) and take a large tablespoon of preserved ginger and crush it up in a cup, add a teaspoon of glucose powder and fill up the vessel with Schweppes Tonic Water (the one with quinine). Stir and swallow the lot. It's helped me in the past, it may help a reader in the future.

Kimball S. Monger
PO Box 60
FERNTREE GULLY 3156.

Dear Friends,

The experiences of souls shared in abundance radiates hope, light and love through this wonderful magazine. This dimension called time seems somewhat a crooked misconception of values upside down. Through your sharing, dear people, many souls have restored hope. What a life giver. Dreams are what life is all about. The self expression in words gently touches the canvas and paints the truth. Congratulations to the successful dreamers and to those who strive for the unreachable plot of ground... Hang in there! All things are possible with hope as your friend, trust as your guide and love as your fellow friend. What a perfect combination to enjoy glory at its best. The light of experience guides friends.

Merlin
45 Berger Rd
SOUTH WINDSOR 2756.

Dear Meg, David and Co,

We are new GR readers, having discovered your wonderful magazine only recently. We're not into an alternative lifestyle (probably very conservative by most standards), but we enjoy your magazine and find many of the articles very informative and most interesting. We live on the family property of approximately 55 sq miles and run Brahman cattle 33 km SW of Proserpine on the beautiful Whitsunday Coast. Have the usual assortment of hens (some quite featherless — any hints why?) cats, dog, poddy calves, horses, kids (human variety — 3 of). I would like to grow some herbs, nothing exotic, just a few everyday types and would appreciate any advice.

John, Lorraine, Amanda, John & Shannon Watts
'Mt Hector'
M/S 691
PROPERPINE 4800.

Dear GR,

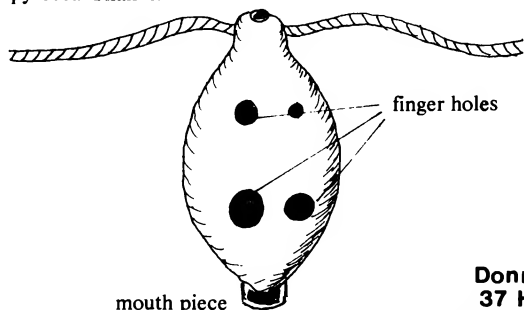
We are looking to buy some acres inland from Coffs Harbour where a young family can settle and I believe this is the place to ask. If you know of a quiet valley with a clear running stream not too far from the coast that is for sale (up to \$30,000) please drop us a few details. I am a bush builder, worker of wood and stone, should anyone need my services.

Geoff
195 Del Monte Pl
COPACABANA 2251.

Feedback Link-Up Feedback

Dear GR folk,

By the time this letter is printed Christmas will be over and 1986 would have begun. So to you all we wish that your hopes and dreams come true this year. As David will be beginning his horticultural course this year part-time we are just starting our life-long dream. It's going to take a while still but it's a good feeling for once to see all the parts of our lives starting to fall into place. Anyway I'll get on with it. If there is anyone out there wanting to start a small business either in NSW or Qld (don't know if this exists in other states) the Government is currently lending interest-free loans of \$4000 for a single unemployed person or \$8000 for a partnership. These loans are being granted to those who have a different, viable business proposition. Another plus is that you also get \$300 a fortnight if you're married to live on as well. Don't know the single rate. So all those people who have great ideas but no money here's a goer. I bought a good book recently, *Hard Times Handbook* by Irene and Keith Smith (*Earth Garden*), \$6.95. It's about cheap food, skills and short cuts. I bought an OCARINA, which is a globular flute, at a flea market. It's made out of clay and is shaped like a goose egg. My ocarina has nine main notes plus half notes. I wish to acquire some more music to expand my repertoire. If anyone wants to learn to play an instrument with ease this is the one for you. I learnt by numbers. Anyone that has music I will pay postage and copy cost. Thanks. copy cost. Thanks.



Donna Evans
37 Harold St
BUNDAMBA 4304.

Dear Grass Roots Readers,

We are a young couple receiving a large sum of money with which we plan to buy a large piece of property. We have looked high and low and all around and have had not much success in finding the 'right' piece of land. We have come to the conclusion that we need help. If there is anybody out there knowing of a piece of land with these specifications please write to us. All letters will be answered. The land we would like to buy must have dams or running water, creek or river, preferably a house for dwelling, good soil for vegetable garden and be in a frost free area as we want to grow all sorts of fruit trees. The land will be used as a dwelling for 4-7 families, the plan being in the future for a New Age Centre of Higher Learning Community, where we will be totally self-sufficient. We have also considered having up to 25-50 Angora goats as well. Areas in particular that we have looked at and are interested in buying in are around or near Nimbin and also North Qld, but any area if it covers all our specifications. The price range must be under \$80,000 and the council in the area must approve of what we plan.

Mrs A. Hawkes
2/7 Mowbray Tce
EAST BRISBANE 4169.

Dear Folks,

We have just recently moved from NZ to the Gold Coast. We (myself, Robert, Charlotte, Milly and Joseph) left behind a grass roots lifestyle living on our own land in a small cabin. The economy and weather, plus our sense of adventure drove us over here but have found the Gold Coast is not for us, so around April 86 we want to head north to somewhere around Cairns. We cannot yet buy a place up there but would love to hear from anyone who knows of a small cottage or some sort of dwelling that we could rent or swap labour for up in Cairns or the surrounding areas. We would love to live near like minded grass roots people again and perhaps share their work. Looking forward to hearing from you.

Kathy and Robert
2/6 Botanical Drive
LABRADOR 4215.

Dear People,

Youth workers, Peter, Graeme and Marg, are writing from the YOUTH REFUGE AT COFFS HARBOUR, seeking assistance from any of you who can help. We come into contact with lots of young people, generally aged between 16 and 20 years, who want (and need) the opportunity to find out about alternative ways of living cheaply and independently. Obtaining a job, buying a home/land etc., within the traditional system seems far out of reach for many of these young people. So we are hoping to be a gateway to alternative lifestyles and community living. In what ways can you help? We envisage a network of places and people around the country where young people could receive accommodation, board and the learning of new skills in return for helping in your particular endeavour. Market and other gardening, crafts, home building are obvious examples but the possibilities are limitless. We would welcome any information, suggestions, ideas and assistance you can give in having this dream become real. For those GR readers in the Coffs vicinity, you are welcome to drop in and see us or else write to us. Thank you and best wishes to all.

Peter, Graeme and Marg
Coffs Harbour Youth Refuge Ltd
PO Box J257
COFFS HARBOUR JETTY 2451.

Dear Editor and Iriss Quigley,

I wonder where Iriss found the poem 'Grandma's Day'? (Iriss named it 'Didn't Need Tranquillisers'). About thirty years ago I cut it out of Eleanor Barbour's pages in *The Chronicle*, South Australia. It was sent in by 'Smiler' so I don't know the author's name. I wonder if anyone does? Well I thought you may care to publish one on my own morning's work. We have left our lovely 'Tai-Gai' and I have gradually become used to this rather useless way of life which is called 'retirement'.

Do you wonder why when you read this list of jobs which I kept verbatim:

Morning at 'Tai-Gai'
Clean out the shearing shed and draft the sheep.
Go over to the neighbours for more 'kleep'.
Cook for the crutchers and make their beds.
Write a few cheques, get the mail and the bread.
Shut all the gates and find the pliers.
Help start the pump and shoot that goanna.
Wash the dogs. Cut down the sheep. Water the garden.
No, don't stop, the pump will only have to be started again.
Help tow the tractor — it won't start.
Get me some water with ice in.
Where's my hat, my glasses and my ear muffs?
And find your teeth and put them in
You look horrible without them
But I love you
And don't forget I want dinner at 12 sharp.

Elaine Solly
21 West Ivey St
YEPPON 4703.

Dear Grass Roots,

I have been overwhelmed by the response to the request for information on the herb 'Arsemarkt' and home remedies for thrush. There are far too many letters for me to answer at this stage so I would like to say thanks to all who replied.



Vera Regan
Cottagecraft
17a Albert St
BUSSELTON 6280.

Dear GR Folks,

As I and a friend are planning a long, slow tour round Australia we recently bought a moderate sized caravan. It is my intention to make it as self-sufficient in energies as possible. To this end we require any and all INFORMATION AND ADVICE on battery storage, AC/DC conversions (and DC/AC) and in particular wind and bicycle powered generators and their use. Also PETER PEDDLE'S address, I'm told. Any information or directions to people who know needed and gratefully accepted.

T.D. Knight
12 Cartwright Rd
GYMPIE 4570.

Hold fast to dreams for if dreams die, life is a broken winged bird that cannot fly — Langston Hughes.

We need our dreams in life, for without them what is there to aspire to, to direct us through the maze ahead, and to give us warmth and comfort when the world seems cold and unfriendly. We need our dreams too because in a way they work like bridges, they span the chasm between who, where and what we are doing now and in our future life, be it in a week's time, a month, a year or more. When things are hard or the way we are living is not meeting our needs or expectations, it's the dream of a better life, a happier and maybe more successful one, and ultimately, the dream of what we truly want to do that keeps us plodding on from one day to the next. Are they just a crutch, you may ask? Maybe, but then so are many other things we do and we show little inclination to discard them on the basis of that rationale. The danger seems not so much in using dreams as a temporary crutch but on relying upon them as a mechanism to defuse the less pleasant aspects of reality, to keep us in a fantasy world when dreaming becomes more real than taking the tangible steps to creating it. You can have dreams, they can be made to happen, made into reality. It just takes money, practical skills and a lot of guts. Three of our readers who have made the shift from dreaming to living, talk about life in their new paradise.

Letter from Ecuador

by Gavin Moore, Loja, Ecuador.

Today I write while fires rage on the slopes up valley as a rainbow shows the approach of rain behind. The sound of a chain saw down the valley echoes solemnly — the continuing perpetual encroachment of man. The day is surreal with smoke darkening the sun. Clouds roll out from the high Cordillera like waves and a cool breeze signals rain soon.

Meanwhile the sound of sprinklers and the rushing of the river below is tranquil. Just bird song and insects break the silence; no traffic overhead and only horses and mules pass our gate. We're at the foothills of the high and broad Andean chain.

We have a canal behind our house and one central for irrigation onto land transformed in twelve months from cow pasture to mini paradise and organic market gardens.

Vines with sweet cucumbers and passionfruit crawl along a fence, around our shower and over custard apple trees. The climate is too wet for grapes, not hot enough for tropical fruits and not cold enough for cold fruits, but there are varieties adapted like 'White Sapote', tropical figs, pears, peaches and cherries that do well.

I've planted grafted avocados, tree tomatoes, tropical plums and babaccos in holes we dug for toilets, throwing in sawdust and dry leaves. The babaccos are eight months old, grown from sticks, and one tree has 24 fruits hanging. Babaccos are the most incredible fruits if they're tree-ripened. People here pick them green and cook them with cane sugar. We eat a lot of cane honey, buying blocks and melting it down into liquid again. It is amazing stuff which the children love. Most of the locals have toothless grins from chewing the blocks from childhood. We have to watch our children and show them our fillings.

In the past two months I've been preparing for the rainy season, digging tree holes and working gardens to plant. I just planted out 260 pina plants (pineapple) and already have four types of bananas plus platano (cooking banana), papayas, oranges, sweet lemons, tangerine, grapefruit and others. I have three mango trees, but they are prone to fruitfly apparently. Many trees grow from cuttings, some with assistance of 'Root-tone'. I'm hoping someone will turn up who knows about grafting.

Between the rows of bananas I'm planting 'Hikama', a juicy sweet tuber that tastes like 'delicious' apple. We grow



three colours of sweet potato (orange, yellow and white), also white and purple carrots (of the parsnip family, producing three pound of tubers per plant). Red peanuts do well, maize, tapioca, beans and now sugar snap peas.

Other than that I have a greens garden with parsley trees, celery branches, white radish roots, and NZ spinach groundcover. Pumpkin and squash vines crawl up the hillside, cabbage and kale grows tall. Nothing is killed by frosts in this place where the weather is eternal spring and we are set for eternal life in this valley of eternal youth, where self-sufficiency is possible.

Across the river eucalypts grow and I imagine kangaroos bounding through the trees. I often reminisce about the sound of the Australian birdlife, the kookaburras and cockatoos. We do miss certain aspects of life in Australia — markets, fairs, concerts, etc.

We are a long way from any health-food stores, and we often discuss (sometimes argue) whether we made the right move in coming here. At night I tune into short-wave radio and confirm that this is the best place to be, particularly with the uncertainties that confront us in the future. Geologically sound with all the volcanic 'release' points, politically we are never sure in Latin America. But we are truly 'out-in-the-sticks' — away from it all, Ecuador is green with life.

Nuclear war or accidental triggering makes the globe an unsafe place to be. Australia being a target with all the US bases and research centres and underground submarine

harbours. Australia also has bad 'Karma' with its involvement with uranium and disregard for sacred grounds, and with the problems in the ozone layer is heading for African type droughts.

Being New Zealanders, it was hard to give up that scenic beauty and an income to live in barren mountains in a third world country bordering on poverty. But we chose not to subject our children to the New Zealand or the Australian system; the schooling, the laws and business world.

Here we found riches beyond our wildest dreams; true health in simplicity, not poverty. We rise with the sun and work with the sun. We have only \$40 left, but have less worries here with prices low and needs few. We do desire a couple of weeks at the beach and ask if anyone wants to come and house-

sit for us? By the time someone arrives here we should be more financial.

The daily wage here is 300 sucres without food. 400 for maestros. 1 day, 1 man with 2 bulls to plough the land 600 sucres. \$US1 is 105 sucres at present. Investment visas require \$US6300.

Land prices vary according to distance from town and are cheap by Australian standards. Ecuador welcomes teachers of all professions; those with diplomas could do well here.

I would like to add that I had the most amazing response to my last letter in *Grass Roots* and I would like to apologise to those who wrote with many questions and to whom I never answered. We are not well-off and I'm busy with farm and two children while my wife works in the local big town.

Four Years on Althorpe Island

by Tina Cinzio, Port Lincoln, SA.

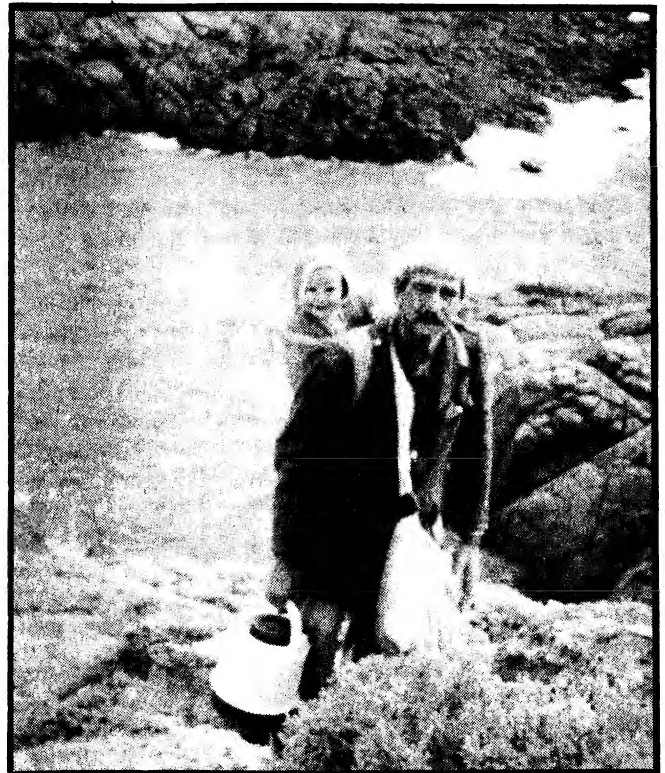
Five years ago, if anyone had said to me that we would be living on Althorpe Island with my husband, Davide, employed as a lighthouse keeper, I would have laughed at them, but that is exactly what happened.

We were living in an inner suburb of Adelaide at the time. Davide, a self-employed electrician, was extremely busy. The phone rang day and night and we were looking for a way out. I saw the job advertised one Saturday morning and jokingly said to Davide 'Here's a good job for you!' To cut a long story short, he was selected and when we arrived on Althorpe Island nine months later I was four and a half months pregnant.

Althorpe Island is situated about 12 km south of Stenhouse Bay, at the bottom end of Yorke Peninsula in South Australia, surrounded by treacherous seas. From the island we had a beautiful view of the mainland and a few other islands including Kangaroo Island to the south. The island is about 100 metres high, a mile long by half a mile wide. It consists of a granite base with limestone and sandstone above it, topped with sand which made a perfect breeding ground for the Short-Tailed Shearwater, commonly known as the mutton bird, there from September to April. Because they dug thousands of burrows, going for walks during that period was restricted to established paths on the airstrip from which the lighthouse keepers periodically evicted the odd mutton bird. Many a night we were kept awake by their incessant muttering and shrieks, but we soon grew accustomed to the sound.

It took a couple of months for us to become used to the isolation, and our family and friends were a little concerned for me because I was pregnant and an insulin dependent diabetic. With a strict diet and a little common sense I had no problems. I was able to keep in touch with my doctor in Adelaide or the Flying doctor service based at Port Augusta by radio telephone. When seven months pregnant I left the island to stay in Adelaide and await the birth of our baby. I also followed this routine the second time around. My husband was able to be at the birth of both Joshua and Emily.

Right at the beginning I found it difficult to work out our shopping list two weeks in advance. Our supplies were delivered by aircraft from Port Lincoln fortnightly. Many times we ended up with too many loaves of bread, hence the



Davide carrying Joshua, aged seven months, off on a fishing trip.

freezer became filled with bread and there was no room for anything else. After a few months though, we decided to make our own bread which, apart from being more economical, is more nutritious. Davide, being a smoker, quite often didn't have enough tobacco to last out the two weeks.

Davide's job was mainly to switch the light on and off at set times, have radio schedules with Cape Borda on Kangaroo Island three times per day, and tend to the lighthouse in general, which involved cleaning the lens, polishing the brass and general maintenance to the buildings and cottages around the station. Power was supplied by diesel alternators and fuel was brought across by ship. This year however, it was decided

to supply fuel and heavy items by helicopter. The three quaint and very comfortable cottages are 110 years old and built from the island's limestone, as is the lighthouse itself.

Many times people asked us what we did all day. Well, apart from the routine jobs around the house, I enjoyed gardening, spinning, sewing, other craft work and going for walks. There were also animals to care for and with two small children there was always plenty to do. To establish a garden was quite a challenge, and with lots of hard work, adding manure and compost and other nutrients to the soil, I eventually had a nice garden with some vegetables, herbs and flowers. A small glasshouse supplied us with tomatoes for about four months of the year. We also had a few chooks which for most of the year gave us a good supply of eggs. Davide kept bees as a hobby and on his weekends off he would usually go fishing, weather permitting, either from the rocks, jetty or out in the dinghy. The waters teemed with crayfish, whiting and Tommy Ruffs for most of the time and fish became a major part of our diet.

On the weekend if the weather was fine we would take the children down the 100-metre cliff to the beach and stay for a few hours. This was quite an expedition and if we had visitors we would send the Weber barbeque down the flying fox and make a day of it. Climbing back up was always the hardest with Joshua doing a pretty good job of it, holding onto my hand and Emily in the carry-pack on Davide's back. We always arrived at the top worn out and a quick shower or a shallow bath was very welcome. (We had to be careful with the water as we were totally reliant on rainwater.)

During the summer months many yachts, fishing boats and other pleasure craft would make their way to the island either to shelter in the bay from the southerly winds or just to stop for the night. Most times the occupants would venture up to the top just to see 'what was up there' and everyone was warmly welcomed. They usually came in for a cuppa and a chat and many have stayed in contact with us. We certainly made a lot of friends that way.

We've had our ups and a few downs but our four years on

Althorpe Island were great. Joshua may remember a little of the island in years to come, Emily won't remember anything at all, but Davide and I will always have fond memories because this was our first home with our two little ones. They are growing up with nature all around them and fresh clean air and have been taught to respect, take care of and be gentle with birds, lizards and insects. It's not unusual for Joshua to pick up a lizard and want to keep it for a pet!

We have been transferred to Neptune Island where we hope to remain for a few years. Davide's duties are pretty much the same as on Althorpe, the only difference being that the light is automatic and seven weather reports per day are sent. Joshua and Emily will start School of the Air here, which will be interesting, and I will go on doing what I did on Althorpe Island and loving it.



Tina, little Joshua and the family sheep with the lighthouse and cottages behind.



Looking down on the cottages and island from the lighthouse.

Coming to Tassie's Northeast

by Jurgen Micklisch, Goulds Country, Tasmania.

When I came to Australia in 1975 I really had no idea where I had landed. I had travelled overland, given up my job in Germany to experience different cultures and lifestyles in search of more happiness. I reached Malaysia with enough money in my pocket to either fly back home or to far away Australia. All I knew about this place was from geography lessons (boomerangs, kangaroos, enormous mining resources). I arrived at the time of the Whitlam disaster which gave me a first taste of this society. Nevertheless, being here also gave me an idea of the freedom Australia provides to Europeans being used to crowds and third storey flats.

Before I knew it I was up to my neck in business and wanted to get out of Melbourne. My chance came when I found a beautiful place to live in the Adelaide hills — five acres of ground! Soon I had a garden, sheep, piglets, calves, chooks and a dog. All dreams were coming true, until one day I woke up and realised that my beautiful hills had turned into another suburb of Adelaide. I started to look elsewhere further out. The sort of country I wanted was green, moderate in climate, close to the sea, almost everybody's fantasy. I spent a whole year looking all over Victoria, New South Wales and Western Australia's south west, but what I found, despite being exactly what I wanted, stayed unobtainable because of escalating real estate prices. Even on day drives from cities, wherever I went, the upper middle classes were already there. Demand for the sort of country I was dreaming of seemed to be much higher than supply.

Finally, I toured Tasmania. And here it is. Totally 'underdeveloped' areas. Real estate prices like ten years ago,

comfortable climate for those who don't like the heat. In short, I knew I had arrived. I bought a beautiful place and am now busy working on the garden. I have even found a job. Here in North-eastern Tasmania I sometimes feel like time has stopped. There are a few new settlers and the locals view them with suspicion. I realise of course that writing this may cause the same sort of development as on the mainland, but I decided to let the world out there know what is here, because sometimes it is lonely and I look over the magnificent hills and forests and think about the potential this area has to develop a new exciting community. Imagine what could be done here.

St Helens, the central town, is a fishing port. With as many sun hours as Sydney it attracts a steady trickle of tourists which could be a source of income for many craftspeople. Woodworking would be one possibility. Sassafras, blackwood and myrtlebeech grow here in abundance and are regarded as worthless. Most of the farmers would not mind for an odd tree to be harvested (they would probably lend you the chainsaw). Building materials are another story. I recently built a temporary dwelling. The local sawmill let me have all the cladding, studs, rafters, purlines etc for a 14 x 21 ft building for (you won't believe it) \$160. It's second grade of course, but all up, the little house with mezzanine, woodstove, fireplace and lots of windows, cost me \$480. I lined the inners with offcuts, backoffs as they call them here; they were given to me for free (the sawmills here burn them usually). It is of course only a temporary building until I finish a 'proper' house. Most councils here accept caravans or other temporary accommodation if it's not too way out or a health hazard (whatever that is). I have been here almost a year now and have not regretted it for one minute. But as I said it is lonely and I hope some people who are starting to feel crowded or can't find what they are looking for on the mainland, focus on this corner of the woods. It is all still possible here.

WALLAVILLE FAIR

The revival of an age-old tradition is occurring in communities all over Australia — the country market. The Wallaville Fair is held at Wallaville, a small township on the Bruce Highway, north of Childers in Queensland. There have been three held so far, and the next one will be on May 17th at 1.30pm.

The local fair provides a much needed outlet for cottage industries, artists, gardeners and also for charities hoping to raise funds. In fact anyone with anything at all to sell is invited to set up a stall. The site hire is \$2 (which covers the cost of advertising), and if you want to hire a table, another \$1.

I was at the previous fairs and was impressed with the variety and quality of goods; bargains from a range of second-hand clothes, plants, pottery, leatherwork, garden produce, herbs and more! It was a wonderful place to meet with friends, give the kids a good time, have some lunch or a cuppa from the variety of food available. This fair will be orientated towards children, with extra entertainments provided for them.

See you at the 'Autumn Wallaville Fair' on May 17th at 1.30 p.m.



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Cottonwool Ball Spinning

by Carole Martinez, Garradunga, Qld.

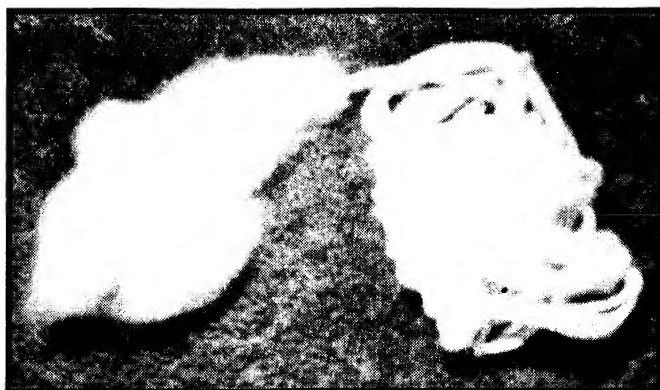
This is a great skill to demonstrate at fairs or markets — it really fascinates people. However, you must be able to spin well to spin cotton. I use cotton straight from the ginnery but slivers or cotton wool balls can be used. Slivers make a more even thread and are obtainable from yarn supply shops. I use large coloured cotton wool balls purchased from a chain store (100 to a bag).

For spinning, the tension must be so loose that the thread on the bobbin is just winding on. You have to treadle fast. Cotton needs a lot of twist because it is such a short fibre. Joins are very important. Always leave a fluff of lint to join to the next handful of cotton. It can be carded and made into a rolag but I use it the way it is because I like a knobby yarn. **Patience** is needed in the beginning because the thread keeps breaking, so just keep adjusting the tension until you have it right.

After spinning, ply it with a commercial sewing thread or itself to strengthen the yarn. (Keep a look out for cheap thread at chain stores.)

The cotton needs washing to remove waxes so it will take dyes. Wind it from the bobbin onto 15 cm (6 in) pieces of 5 cm (2 in) PVC pipe with holes drilled around it so the water can penetrate. Fill a large pot with water and soap and a couple of tablespoons of washing soda. Put in rolls of cotton and bring to boil and simmer for about an hour. Make sure they don't scorch on the bottom. Rinse well and wind onto a niddy noddy, make into skeins and hang to dry. Use like this or dye. If you use coloured cotton wool balls just ply with sewing cotton. Don't boil them or the colour will fade. I haven't had much success with natural dyes but cotton takes commercial dyes very well.

Once you have the knack of spinning with cotton you'll love using it in summer. It's great for tops, shawls, bags, cushions and wall hangings. I use 9 mm needles and knit chunky things.



A small ball of spindle spun cotton, made from cotton wool balls.

Knitted Shawl

Spin five bags of coloured cotton wool balls (100 to a bag). Ply with sewing cotton. Using garter stitch, cast on four stitches and increase one at each end of every row until shawl is long enough. Then put fringe around edge.

Knitted Top (medium size)

The pattern for the front and back are the same. Cast on 50 stitches and using garter stitch knit until it is of the required length.

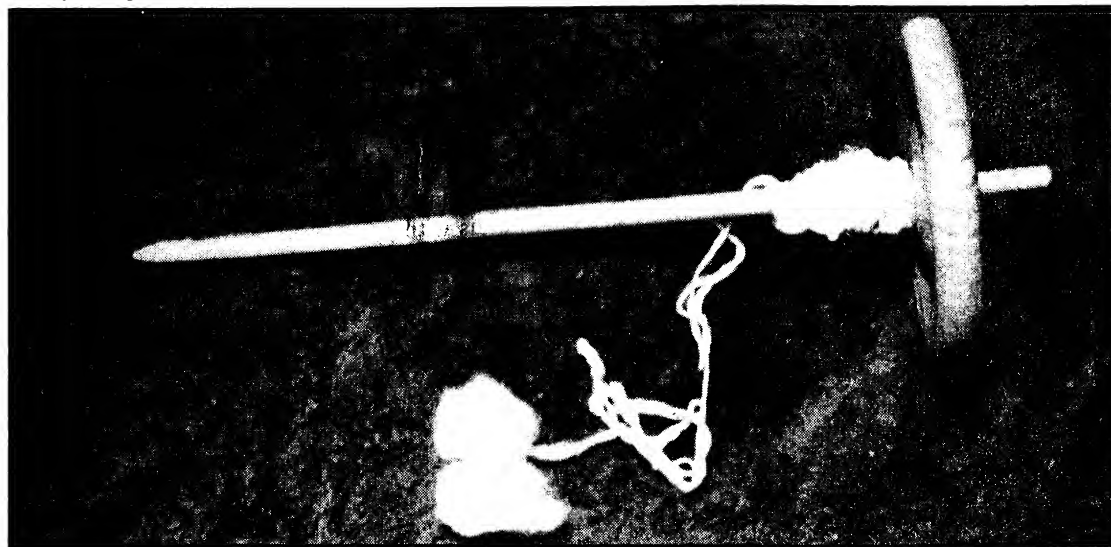
For Further Information

Hand Spinning Cotton — O. & H. Lindner, is an interesting little booklet about cotton.

The Cotton Marketing Board, Woonah Ave, Whinstanes 4007, will be able to advise you of the nearest ginnery where you can obtain raw cotton.

Australian Cotton Foundation, PO Box 1104, North Sydney 2060. *The Story of Cotton* — a free booklet may be had on request.

Knitting Patterns for Homespun Wool — Isabel Black. I substitute cotton for wool in these patterns.



Cotton balls can also be spun by hand on a spindle, although a lot of care is needed to ensure overspinning doesn't occur.

A Rose By Any Other Name

by Sue Treutlein, Pomona, Qld.

Roses — an article in GR on growing roses, you may utter in disgust. But cabbages and leeks alone don't make the world go around and it's often the more whimsical, less practical things that bring cheer to our hearts and help fire the courage that's needed to battle through life. Roses are beautiful, their scent unsurpassed and they bring joy to many people. Our forebearers grew them alongside their vegies and maybe we too can enrich our gardens with their colour and smell.

Roses are one of the most universally loved flowers. I look back and wonder how, being a really keen gardener, I lived for so many years without them.

Living in New Guinea for some years, surrounded by lush tropical plants and orchids, I dismissed the idea of roses completely. When we moved to our farm in Queensland I just assumed they didn't grow well in the sub-tropics. I couldn't wait to plant dozens of flowering trees and shrubs around the house, which, like those of most ex-dairy farms, sat like a pimple on a pumpkin in a sea of green grass. Cows grazed up to the front steps and lazed in the shade of a big solitary mango beside the bedroom windows.

Needless to say, a good strong fence was the first essential, to provide a secure house paddock, especially when we began breeding Angora goats. Electric fencing was useless. The goats decided they didn't mind a zap as they jumped through, or crawled under, using their horns as buffers. Somehow, if the power was off, or the fence shorted by the lush growing grass, they knew instinctively and immediately. So, expensive, tight sheep and lamb fencing it had to be, and we've never regretted it.

Luckily we had the foresight to envision lots of fruit trees, vegetable gardens, and a big chook run, so ample space was allowed in the house paddock. I say luckily because, when I was bitten by the rose bug, I found I had a spare place for a bed of roses. I can't tell you how much pleasure it gives me now to gaze out of my kitchen window and see all those lovely bright flowers. I wander out with my basket and snips every couple of days to cut fresh blooms, always in the morning or evening, because roses don't like to be cut in the heat of the day. It's lovely to have a bowl of beautiful, fragrant roses in my house all the time or to give to a visiting friend.

It all began when I called into neighbour Marie's farm to collect some strawberries. There in her front garden were three big flowering rose bushes. Marie kindly gave me a small bunch of blooms to take to our shop that day. On the counter they brightened my whole day. Customers all bent to smell their perfume, asking their names, and began talking roses. Soon after that, friend Joan began bringing in a few blooms for the shop, then old George brought in a couple he thought I might like to see. In no time at all I was absolutely hooked.

When my Mum in Adelaide sent a cheque for my birthday, I thought what nicer present could I buy myself than a bed of rose bushes. I sent off for catalogues from all the rose nurseries I could find, then spent hours poring over them. How to choose from so many? So, off to the library to borrow some books on rose growing, and from them I was able to narrow the list down to those which had the strongest perfume and the most petals, preferably both in the one flower. Then I

narrowed the list again to one of each colour. That was the hardest part. Would I have pale lemon, mid-yellow or deep golden yellow? I decided on the most important and realised that I could always add variations later. Lots of discussion went on over the counter as I chose my roses. It seems there is a whole world full of rose lovers out there who will talk about the subject for hours at the drop of a hat.

I found out a few facts about types of rose bushes. Standards are tree shaped, with a straight stem (about 30 inches high) and need staking. They are also the most expensive, costing about \$10 each. I chose the most popular, Hybrid Tea bushes, which bear large flowers on long stems and are best for cut flowers and exhibitions. Grandiflora and Floribunda roses bear clusters of flowers, are more bushy and best for garden display. Polyantha roses are dwarfs, up to 24 inches tall, with flowers in clusters, and Miniature roses are the tiny ones, best planted as borders or in rockeries.

A rosebush can live as long as 20 years, so it's best to build up organic matter in the soil well before planting. Nothing can be dug into the soil after planting, because feeder roots are in the top 6 inches of soil. Ideally one adds organic matter to the planned beds for two to three months before planting. However, I only had two weeks to prepare. I turned over the soil with a fork, just enough to break up the clods. I found I had the type of soil roses love best, about 18 inches of dark, sweet smelling loam over a clay sub-soil. The ideal pH level is about 6.5 to 7.5, but they can thrive from 6.0 to 8.5, anything from slightly acid to fairly alkaline. About the only soils they won't survive in are all sand or solid packed clay. But even those can be changed with additives, so anyone should be able to grow a rose. Like anything else in the garden, it is essential for them to have good drainage.

To prepare for planting, I added a few wheelbarrow loads of well rotted goat manure, some compost from a large bin where I had been throwing all the kitchen scraps, a sprinkle of trace elements, some handfuls of lime for the perfect pH level, turned it all into the soil, watered it well, covered it with a grass clipping mulch, and left it to stew. Some recipe! My rose bushes are thriving in it, although experts would probably have a fit. Those of us with green thumbs sometimes depend on intuition more than rules.

Bare rooted roses are planted between May and September, but roses in pots can be planted all year round. I had just made it, planting in the last week of September. When roses are bought from nurseries or supermarkets, the bare roots are wrapped in moist material like peat moss. The roots should never be exposed to the air and allowed to dry out. Stand the uncovered plants in a bucket of water, while you prepare a hole about the depth of a spade. I made a mound of compost in

the centre of the hole, spreading the roots out in a fan shape, over the mound. Then I replaced some soil, filled the hole with water, let it soak away and topped up the hole with soil. Lastly I added more mulch around the plant and a plastic name tag near the base. This is important, because so many people wish they could remember the names of their roses, and mumble on for hours about what they think they might have been.

When planting, it is important to place the plant at the correct depth. Above the root is the stock, or woody strong stem. Above that is the crown or budding point, a bulbous section out of which the young canes grow. This crown should be about 1 inch above soil level after planting.

Bushes need to be spaced at least 3 feet apart out in the open sunlight. If they are in the shade blooms will be faded and scarce, and fungus attacks more likely.

I continue light regular feeding with manure, compost and blood and bone mix all year round expect immediately before and after pruning when roots are least active due to cold weather. I give a heavier feeding a few weeks before the flushes of blooms in autumn and spring. Here in Queensland roses are evergreen and bloom for ten months of the year, so they are gross feeders. They need nitrogen (from manure) for growth of stems and leaves, phosphorus (from bone meal) for root growth, and potassium (from compost and wood ashes) as a tonic for good flower production. They can be grown quite well without applications of chemical fertilisers which, without added organic matter, will rapidly deplete the soil.

Regular watering is needed, preferably not overhead and certainly not in the evenings, because it is believed that foliage, which is wet overnight, helps the spread of fungi, especially black spot. I've laid a soaker hose around the bed with one end joined to a nearby tap. Common sense prevails here. The bushes should not dry out completely, nor should they be water logged. On the average, a good watering every five days or so is generally suitable. Plenty of mulch and more frequent watering in the hottest days of summer are needed to keep the soil as cool as possible.

Lots of myths abound on the subject of rose pruning. This is carried out when the bush is dormant in winter and looking its worst, either late July or early August. Pruning is not complicated if you realise why it is done. The aim is to relieve the bush of old, unproductive wood, thus making room for new growth, and to shorten back long, new growth. This forces shoots to come from lower down on the bush, where they will be sturdier. Roses are pruned in order to produce bigger, better blooms, by stimulating new, vigorous growth. Of course, pruning alone won't create blooms, previous feeding is also an important factor.

The first step in pruning is to remove all dead canes and old ones carrying only thin twiggy growth. Old canes are barked, ridged and brown in colour. Then cut out, at their origins any branches which cross the centre of the bush. The aim is to train the bush to an open, upside-down umbrella shape so that sunlight can penetrate to the centre of the bush. There should now remain a framework of about six strong upright stems. Shorten these, leaving about four or five eyes on the stem if



Mark, my son holding the rose 'Chrysler Imperial'.

you want a short bush, or six or seven for a taller one. In Australia growers generally cut bushes back to a height of 36 to 45 cm (14 to 18 ins). Hard pruning to a height of about 20 cm (8 ins) is carried out by exhibitors who want fewer larger blooms. Even harder pruning is done in overseas countries where winters mean ice and snow.

An eye is a bud just above a leaf junction. The leaf may have fallen off, but the bud can be seen as a swelling. This cut should be sloping with the base of the slope opposite the bud and the top of the cut about half an inch above the eye. Rainwater must run off and not sit in the cut, causing die-back.

In sub-tropical areas some growers recommend light pruning of bushes all year round rather than a hard pruning in winter, because here the bushes have a very brief dormant period, if any. Also, in all areas, some growers favour a light summer pruning in February. Each stem is cut, flowered or not, as though picking flowers. The bushes will be laden with flowers 8 to 10 weeks later. Pruning of long ungainly canes, which cause wind-rock should be done in autumn. Even if you are a beginner like me, don't worry about doing an expert job. Bad pruning will not do irreparable damage. At worst you may have less flowers next season, but with each pruning you can correct old faults as you learn more.

Many of you will have had grandmothers who grew beautiful roses before poisonous sprays were introduced. I haven't seen an aphid on my roses yet, but my garden is full of birds of every kind and they just love to eat aphids, as do ladybirds. It may also be due to my regular use of a trigger pack garlic spray (also effective against thrip). Nicotine spray works against thrip as well. Caterpillars I pick off and let the wasps carry away. White waxy scale insects can be removed by painting stems with starch and brushing them off a day later. A spray made from rhubarb leaves boiled in water will control black

spot fungus. Sulphur dust or spray will control mildew. If I see leaves attacked by fungus or insect pests I pick them off immediately and throw them in the incinerator. The most effective spray to remove unwelcome visitors is often just a good strong burst from the garden hose. As one nurseryman told me, 'You have to live with your roses', which means looking them over daily, with the idea that prevention is always better than cure. See your local garden centre for organic insecticides such as pyrethrum. Man should not poison himself and his world for the sake of pretty flowers. I believe in the long run we will do more harm than good by interfering with nature's own cycle of self control.

If you have never grown roses, I urge you to go ahead. Even if you are unemployed or struggling financially, the \$4 or \$5 spent on one bush will be money well spent. Haunt the second-hand shops for old style cut glass vases with a glass insert to hold stems. When arranging roses, I leave thorns on the stems, but remove leaves which would sit in the water. After cutting flowers in the garden, stems can develop an airblock unless recut under water, so that water can be properly taken up. Airblocks will cause rapid wilting of freshly cut blooms. Change the water in the vase and recut stems daily. Also, never cut rose buds if the green calyx at the base of the flower has not fully opened and turned back, or the buds will never open.

About 25 per cent of the blooms should be left on the bush, but trim off old blooms before the hips form as they inhibit flowering. This cutting of spent flowers is called dead-heading. The cut is made just above the first leaf, below the bloom, with the result that new flowers appear much more quickly. I always burn these old flower heads to prevent the spread of pests and disease.

I hope you will all become happy rose growers like me. If you plant a bush this season, you won't have to wait for masses of flowers. Recently I counted 40 open pink roses on a one-year-old bush.

When people think of roses, red comes immediately to mind. There are many glorious reds, such as Alec's red, Chrysler Imperial and Papa Meilland, which is a very deep crimson, almost black in parts, very fragrant and probably the most popular in the world. However, bi-coloured roses can be truly amazing. If you only plant one rose bush, make it Double Delight, which is everyone's favourite. This rose is unique, with a creamy-white centre and deep red outer petals. Picked at an early stage it remains almost creamy, because the red deepens as the bloom opens on the bush. A bowl of open and half open Double Delights is a sight to see.

Since writing this article I've managed to win a prize in a local show for a single rose bloom, and have also begun selling buckets of roses for local weddings and parties.

Pillow Cases

Cut material 45 x 155 cm (18 x 62 in) long and hem both ends. Measure down 15 cm (6 in) and mark for flap. Fold over to mark, turn flap down and pin in place. Machine down both sides. (Turn a bought pillowcase inside out if you're not sure.) I've made them from calico, or even old cotton nighties and sheets. Make smaller ones for children or babies.

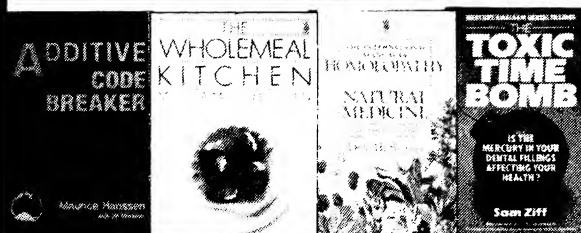


Husband Rudi with a rather lovely rose, 'Peace'.

To Clean Blackened Pots

To remove blackened, burned-on food from stainless steel pots and pans, soak the utensils in cold water with a tablespoon of washing soda added, then scrub with a plastic pad or steel wool. If this doesn't work, boil the utensil with the washing soda water solution in it for five minutes and the burned-on food will slide right off.

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Make a Wind-powered Bicycle

by Jose Robinson, Wild Cattle Island, Qld.

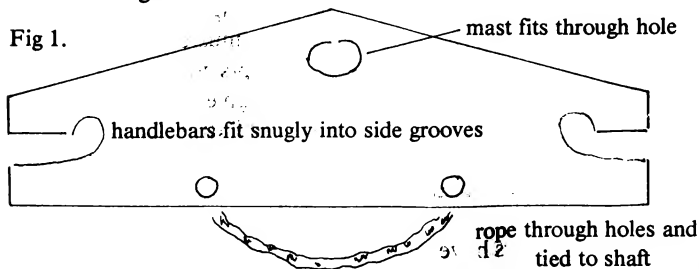
I've always enjoyed riding my bicycle along the beach for exercise, but since we have converted it to wind-assisted power it is lots more fun.

First we made a sail shaped like a boat mainsail, with a 90 degree angle foot, measuring 154 cm (5 ft) mast height and 125 cm (4 ft) width on the boom. For material, we cut up a small sail from an old sailing boat which was no longer in use. Any lightweight canvas, calico or sail-type fabric would do the job. I hemmed the triangular sail on two sides with the sewing machine, and for the luff side which attaches to the mast I sewed a casing 8 cm (3 in) wide, sufficient to slip over the mast. Two 15 cm (6 in) tapes were sewn very securely to each of the two bottom corners of the sail — these would be used to tie the sail to the mast and to the extreme end of the boom.

For the mast pole we used a wooden roller from an old Holland roller blind. This was 4 cm (1½ in) diameter and 170 cm (5 ft 6 ins) long. There is tremendous windage and strain on the mast, so it needs to be very strong. Dowel or similar would quickly snap with the strain.

For the boom we used a piece of our home-grown bamboo. The length we selected had been cut and well dried about six weeks earlier. Its diameter was approximately 2.5 cm (1 in). While we knew bamboo was not strong enough for the mast, we felt it would work well for the boom.

Next step was to cut a suitable piece of timber in a shape that could form a deck to which we could secure the mast. There didn't appear to be anything on the structure of the bicycle framework that was suitable to attach the mast to which would still allow unrestricted movement of the handlebars, so we designed a piece of heavy plywood which could be attached to the handlebars themselves. It could then move with the handlebars. The actual dimensions would alter with various types of handlebars on different bicycles. We shaped ours as in figure 1.



We then pressed this piece of plywood firmly down between the handlebars and attached it strongly with two short ropes to the centre shaft of the handlebars. In the bottom end of the mast we inserted a large screw with a bolt head. The mast passed through the hole in the decking and the bolt head was secured with a couple of washers on either side of the extrusion which normally holds the bicycle lamp.

Having attached the mast securely to the bicycle, we then slipped the sail over the mast and tied the tapes firmly.



Jose, hair flying, sail billowing, riding along the beach on Wild Cattle Island on her wind-powered bicycle.

We were now ready for our first trial run. There was a strong north-easterly blowing at the time, just perfect for our purpose. Off up the beach one way with the wind — sail billowing, hair flying, no pedalling — then back the other way (not quite so fast) but with the sail pulled up tightly and just pedalling gently. To go completely against the wind, I found I had to furl the sail. This I did by just slipping a strap around it to keep it secured.

Rather than have a sheet rope to contend with to pull the sail on, we found that slipping one arm between the boom and the sail, and exerting pressure, was all that was necessary to keep the sail trimmed.

Later I felt visibility could be improved if there was a window in the sail at head height, so it was back to the drawing board to cut a 40 x 15 cm (16 x 6 in) hole and machine-stitch in a clear plastic window. This worked perfectly.



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ENVIRONMENTAL EDUCATION

— An Evaluation of the New Approach

by Elizabeth Lowrie, Perth, WA.

During the last few decades more and more people have moved away from living situations that encompassed back-yard gardens or access to parks or bushland to life in high-rise buildings, apartments or inner city flats. Children raised in these places frequently lack contact with the earth and living things and grow up both ignorant and fearful of them. Acts of aggression and vandalism are often the result. Perhaps educating children to understand and enjoy their environment is the key to change and a more caring and responsible attitude.

They are in the bush, not far from the city. The rain has stopped. They are on an adventure. The air is filled with shouts of joy. Enthusiasm is high.

'Look at this.'

'Feel and smell this.'

'Look what I've found.'

'Wow!'

The leader collects the children together.

'Now, let's share what we've discovered.'

To many in the conservation movement, environmental education holds the key to our own children's future. However, because of limited financial and human resources, less emphasis is usually given to this area. More importantly, when environmental education is taught there is a tendency to emphasise cataloging or identification skills. What is overlooked is that, unlike conservationists, much of the general public (including children) have little affinity with nature. They watch it, modify it and even destroy it. They position themselves apart from it. They see themselves as viewers rather than participants. In short, most people don't know how to enjoy nature because they have never identified with it or felt a part of it.

This makes the environmental educator's task even more difficult. To assume that most people and children are interested enough to want to categorise and identify nature is a gross error. Every responsible environmental educator needs to reassess their programme. Sure, identification and cataloging still have a place in environmental education, but there is really no point in educating the 'already converted'. Surely our challenge is to reach those in the community that have little or no interest in the environment.

Our first priority must be to try to restore 'traditional links' — to encourage children and the general public to feel, smell, touch, to investigate, observe and to try to understand it. In other words, there should be less emphasis on categorisation and worksheets and more on understanding and experience.

With this in mind the city of Perth, under its Partake-a-Park project, has recently embarked on a series of environmental recreational programmes. These programmes are based on books by S. Van Matre, J.B. Cornell, E. Jorgensen, I. Black and M. Hallesy.

The activities of all programmes follow a certain format. First they aim at improving the children's sensory skills. Many look but don't see, or see within a limited range. Many hear, but don't hear small animal noises. Many cannot distinguish by touch the bark on one tree from another.



A leader with a small group of primary school children. The programme's emphasis is on direct experience and total involvement.

Next, the programmes concentrate on ecological concepts which are important for the child in order to understand how the world works. These may vary according to the duration of the programme. Teaching tools such as music, games, craft, and drama are used to present concepts to children. Van Matre, Cornell, Jorgensen, et al all give great ideas for activities which can be easily adapted to suit age group, concept and location. *The New Games Book*, *More New Games* and *Playfair* also have some good ideas which can be adapted.

Once leaders have developed their games repertoire, new games and improvisation come easy. For example, an activity developed by one of our leaders (Mr T. Komas) is exceptionally popular with the children. Mr Komas has devised a set of cards which illustrate how animals have solved particular survival problems. The activity is similar to 'Old Maid', requiring children to find pairs. This game is enjoyed by children of many different ages and it never fails to capture their attention. As well as being fun it easily explains the concept that every species had adapted to its environment and has the necessary 'tools' for survival.

The aim of all our programmes is to improve the children's:

- sensory awareness and observational ability;
- knowledge of the ecosystem concept and their place within it;
- greater awareness of the human relationship with nature;
- sense of responsibility for their own actions;
- appreciation of city parks and their function and use.

The SPARKS team is multicultural. It consists of seven members — six activity specialists and one co-ordinator — whose professional occupations range from stage designers, artists, actors, musicians, to teachers and ecologists.

The emphasis has been on direct experience and total involvement of the children. It is difficult to ask a child to identify characteristics of a particular species if they have never been trained to observe. This approach works well. The last comprehensive environmental school holiday programme was fully booked and in the school programmes the children look forward enthusiastically to the next week's activities. The programmes have the added advantage that they can be enjoyed by all children, even those who are new to our society or those who have literacy problems. To fill extra demands we have had to extend the programmes.

To all those prospective and traditional environmental educators — please give this new approach a go, you'll probably throw away all your old worksheets.

The Partake-a-Park project is funded by the Community Employment Programme in association with the Western Australian Children's Activity Time Society (CATS), CATS Unrubbish and the Out-of-School Child Care Activities Association.

Further reading

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Fleugelman, Andrew, *The New Games Book*, Dolphin Books,



Children playing 'Predator/Prey' animal relationship game.

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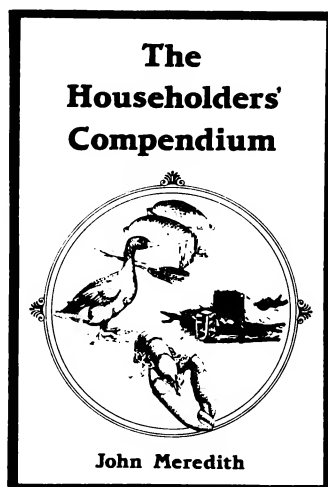
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Elizabeth Lowrie has a Bachelor of Applied Science degree in Ecology from Canberra College of Advanced Education. In 1983 she worked as an Administrator to the Environmental Centre of WA (Inc) Perth, Western Australia. In January 1984 she commenced employment with the Perth City Council as an Environmental Recreation Co-ordinator.



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Vegetarianism — A Rethink

by Michael Bingland, Double Bay, NSW.

Long ago I received a request to write on vegetarian diets, and aspects of nutrition advocated by my clinic. I am an acupuncturist and combine this with massage and nutritional advice. I am not a vegetarian, although I was for many years.

At the last Maurice Blackmore Research Foundation symposium a vegetarian doctor spoke on the possible dangers of following a misinformed vegetarian diet. The speaker, Doctor Helman, classified vegetarians into two groups, those very healthy and those misinformed of their dietary requirements.

When I was a vegetarian I often laughed at the 'vegetarian serve', the typical Aussie dinner except where the meat used to be was either nothing or perhaps a boiled egg or lettuce leaf (don't vegetarians eat like rabbits?). That is not good enough. When meat is taken out of the diet, and vegetables (excluding legumes) remain, a deficiency results.

Vegetables alone are a poor source of protein, a poor source of B complex vitamins, a reasonable source of iron, a good source of vitamins A and C and a very good source of fibre. It must be pointed out that the study compared those on vegetarian diets with healthy meat eaters. The statement made that vegetables are a poor B complex source should be seen in that light.

The vegetarians in the group were found to have much higher levels of vitamin C and folic acid. They had low levels of cholesterol and triglycerides and high levels of vitamin E and for this reason a vegetarian diet is often recommended in cases of blood pressure or heart disease. The fibre content in a vegetarian diet also aids these problems.

In the misinformed vegetarians, levels of many nutrients were sub-normal. These were iron (especially in females), vitamin B12 and zinc. Vitamin B1 was a problem if alcohol was consumed (again, females had more loss than males). Also found was that those who ate meat occasionally did not differ in nutrient levels from those who never ate meat.

I was particularly interested in Dr Helman's comments on vitamin B12. It was found some vegetarians who felt unwell had high vitamin B12 levels — generally these people thought they could live on dairy products. He also pointed out that comfrey is not an adequate source of vitamin B12, nor is enriched yeast.

Most vegetarians had a lower level of B12 than meat eaters, and this is the reason their folic acid count is higher (its activation requires B12). Zinc is another problem for vegetarians as the phytates in grains render zinc unavailable for your body chemistry.

The risk factor in a poor vegetarian diet is multiplied by several factors. These are: eating at irregular intervals; consumption of alcohol; pregnancy or lactation (while it may sound sexist it seems females should be more careful with their diet because their nutrient loss is more critical).

My definition of 'poor vegetarian diet' is one where vegetables are not combined with grains and legumes.

Legumes (peas, beans, lentils, chick peas) are a source of protein, iron, B group vitamins and zinc. If that list sounds like what is 'low' in the vegetable kingdom you understand the concept of 'complete protein'.

Meat is an excellent source of protein, zinc, iron and B group vitamins (especially the juice). It is not a particularly high source of vitamin A and a poor source of calcium (actually it's the calcium/phosphorus imbalance which contraindicates red meats in some arthritic conditions).

The 'very healthy' group of vegetarians in the study combined their diet. Dr Helman's message was: if you are going to leave meat out of your diet, consume adequate combined 'complete proteins'; grains, legumes, vegetables, nuts, sprouts. I would add free range eggs and dairy products as well.

Consult a sympathetic doctor and have your vitamin B12 levels checked after one year and again after five years. If pregnant or lactating, think seriously about receiving B12 supplementation.

I can forward to you the name of a sympathetic doctor in your state as I believe many vegetarians would rather not deal with an unsympathetic general practitioner. It is also more believable if you hear dietary advice on vegetarianism from a doctor who practises what he preaches.

I feel many vegetarians suffer from a disturbance in their 'Earth' energies — their spleen chi in particular. This chi governs 'obsessions' and this is the main meridian I tonify.

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THE GARDEN OF THE FIAT — CORTINAS

by Laurence Neill, Brackenridge, Qld.

I was on my way home from the public library when I saw the house. I am a flower grower by profession and had been selecting books on bulb growing in the tropics from the gardening section of the library. Having an interest in plants I always make a point of noticing what other people have growing in their gardens.

When it comes to plants I'm convinced that people lack imagination. The older homes have the token hydrangea, an oleander or two and perhaps, a cluster of blue agapanthus. Some go for native shrubs and choke up their yards with honey bracelet myrtle, lemon scented tea trees and bottle brush. These are the lazy gardeners, for apart from the initial planting and the occasional watering, natives can pretty well fend for themselves. Fortunately there are still rose bushes around and in spring and summer a splash here and there of marigolds, zinnias, dahlias and petunias, but never anything unusual or exotic.

That's why the house in Styles Street caught my eye. It was an old weatherboard structure set high on a patch of marshy ground just up the road from the government hydraulic laboratories. The amazing thing about it was that the house rose like a royal palm from the midst of a desert of old wrecked car bodies.

'Now here's imagination' I thought, 'Instead of flowers and shrubs this guy has created something truly unique, an automobile garden'. He had planted in precise rows, hedges of Ford Cortinas completely around the perimeter of his property. Through the front yard swept immense drifts of EJ and FJ Holdens while down both sides of the house, partly in shade, thrived lush banks of Peugeots and Fiats. Planted, I assumed, to give the garden an exotic foreign touch. In one sheltered corner, by a teahouse constructed from packing cases, a delicate formal Japanese garden of rusting Datsuns had been laid out.

From the street a pathway of hubcaps embedded in the dirt provided access to the front steps above which, fastened to the door, no doubt serving as some kind of bell mounted for squeezing, was an old bulb-shaped horn from an early model

T. Either side of the steps, under huge banks of fog lights attached to the eaves, were two half barrels filled with sand. In these were planted, rampant, pawing at the sky, two giant black Harley Davidsons. Inverted mudguards from a 38 Chevrolet, welded to axles piledriven into the ground, acted as bird baths while right down the back a giant compost heap of used tyres teetered precariously.

I observed all this guardedly as I pretended to fill my radiator, having parked across the street from the house for an uninterrupted view. 'This guy has got it made as far as gardening goes,' I figured. No pruning, no raking up leaves or snipping off dead flower heads for a start. No watering or weeding required (the car bodies making a perfect mulch). Admittedly the view could hardly be called aesthetic but after all I rationalised, beauty is in the eye of the beholder. Think how lucky he is in cyclone season — no damage to plants, nothing ripped or shredded by high winds. This garden would stand four-square against all weathers. There was colour too, electric blues, iridescent greens, blood reds with speed stripes, canary yellows and rust. Plenty of colour there for even the most jaded eye.

And best of all, no fertilisers to buy or pesticides either. There would be precious few bugs stupid enough to attack this garden. Just the odd nest of redbacks and they could soon be stamped out. Of course there would be no scent but a few squirts from a can of boronia air freshener through the house would fix that.

In the total silence of this strange garden (no bees buzzing here) I mused. What a fool I've been. All the unnecessary toil I've put myself through. All the heartbreak of battling with nature to try to raise a few living plants. Now, the solution was right here in front of me. I got back in my car and returned immediately to the library to swap my bulb books for anything remotely connected with motorcycle maintenance and automobile arranging.

Apologies to Giorgio Bassani, the author of *The Garden of the Finzi Continis*.



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Pawpaw Profits

by Yvonne Cotten, Townsville, Qld.

Whether you live in town or country, pawpaws can be grown for profit and good health. The people of the Pacific Islands named the pawpaw 'fruit of health'. It contains amino acids, fibre, potassium, calcium, as well as vitamins A and C.

Our pawpaw project started when after eating a delicious (and expensive) pawpaw we decided to plant the seeds. And up came a bumper crop of seedlings. The pawpaw grows well in the tropical north and takes up little space. Although seedlings can be bought from nurseries, why not plant seeds when you buy the fruit? Once they start bearing fruit, pawpaws like a heavily composted soil with plenty of mulch for sturdy growth.

Of course, there's always the rogue pawpaw tree that will simply grow out of a crack in a concrete path or from a hole in a rough stone wall, thriving without care and bearing plenty of fruit. For instance, consider the tree that grew between the battens enclosing the downstairs section of our house in Innisfail. We called the tree Topsy because it grew and grew. Topsy grew up to the windows of our high-set house and then produced dozens of delicious fruit. We used to lean out the kitchen windows to harvest our breakfast. However, Topsy kept on growing so we lopped a few inches off her top and put a bucket over her head. This stopped the upward growth but did not interfere with the production of fruit.

Now we live in Townsville where we recently took the plunge and bought a one-acre block about 20 minutes from the city. At the moment we can't afford to build but we have planted pawpaw trees on the bush block. After reaching a height of about four or five feet the trees are bearing fruit so there is no problem with ladders to pick the pawpaws. Generally pawpaw trees only grow tall alongside tall buildings.

Pawpaw profits, moneywise, came about when we sold the excess fruit from our regular stall at the markets. We also sold seedlings. At first the sale of seedlings was not a madly successful venture. People always figure they can plant a pawpaw seed themselves so why should they pay for it. Of course, when they eat a pawpaw they often forget to save the seeds.

Then I had the idea to sell the little trees with a story of the goodness and healing qualities of pawpaw. The story was typed and photocopied at a cost of ten cents each. I offered two seedlings (two trees are recommended for cross pollination) and the story for \$3, and the idea was successful.

The healing qualities of pawpaw were proven in a London hospital when an infection that had begun after a kidney operation would not respond to the usual medication. One doctor had practised in South Africa where he had seen natives using pawpaw as a medicine. Remembering this, he applied pulped pawpaw and the infection quickly healed.

A British research team has discovered that diets rich in beta-carotene are important in preventing cancer. Beta-carotene is plentiful in yellow vegetables and fruit including pawpaw. The pawpaw is claimed to be a cure for heartburn,

flatulence, dyspepsia, indigestion and cases involving the liver and gall bladder.

Papain, the extract from pawpaw, is said to be an excellent digestive aid. It is capable of digesting more than thirty times its own weight of meat, or ten times more of albumen in eggs. The action lies in the pawpaw enzymes: one acts on fats, another on milk, and so on.

The milky latex which oozes from the stem when you pull the fruit from the tree is said to cure warts and sunspots. I have used it on warts and they did disappear.

Soft very ripe pawpaw is also claimed to be a cure for dandruff which is something I suffer from, especially during the winter months. So I sacrificed some of our beautiful fruit to my otherwise healthy head of hair. The experiment was not a success. Applying squashed pulpy pawpaw to my head made me feel ridiculous. However, I massaged it into my scalp and then rinsed it out with a herbal shampoo.

Since then I have occasionally pulped the pawpaw flesh in the vitamiser meaning to attack those nasty white flakes again but I never have. I consider it a waste of good tasty food.

I have used the moist scooped out inside skin of the pawpaw to soothe cuts, sunburn and bruises. Pawpaw made into a paste and then warmed is said to be ideal for drawing the pus and poison from boils, but luckily our family has never suffered with boils.

Even when the pawpaw is green it can be of help with medical problems. An enzyme extracted from green pawpaws is said to be a cure for people suffering from bad back. The extract, chymopapain, has been injected into the backs of more than 7000 patients suffering from slipped discs. The cure rate is over 70 per cent. The procedure is ideal for people with bulging discs in the lower back, pressing on nerve roots and causing sciatica in the legs. Results are as good as the ones obtained with surgery, but of course without the danger and trauma of an operation.

It has been claimed that pawpaw, reduced to a pulpy fluid can help heal mouth ulcers, gum infections and sore throats. Certainly, if you suffer with sore gums it is a good idea to exist, until they heal, on a diet of soft foods, especially pawpaw. The fruit is tender, sweet and healthy and can only do good.

As a meat tenderiser, both the pulp and leaves of the pawpaw can be used in cooking. Natives have been known to wrap meat in layers of pawpaw leaves before laying it on hot stones and covering it with more hot stones and charcoal in a hangi style method of cooking.

I have tried slices of pawpaw in casserole dishes. Between layers of meat add pieces of the fruit for piquancy and tenderising. This method should tenderise tougher cheap meats. Fried pawpaw flowers have been recommended as a delicacy but I have never tried them.

The seeds can also be dried either in the sun or a warm oven, and then crushed with a rolling pin. Use the resultant



Our best pawpaw tree on the bush block.

'pepper' as a spice for meat dishes. When I tried this, the seeds took a while to dry, possibly because of some sticky juice still adhering. However, when crushed to a powder the taste of the seeds could only be described as indescribable. But some might like it. I would rather not crush the seeds but put them to good use growing seedlings for sale.

Pawpaw Jelly

Cut a pawpaw in half. Scoop out the seeds and some of the flesh (don't waste it). Drop a chopped banana and passionfruit pulp into the pawpaw halves. Make a green jelly with only 1 ½ cups of boiling water and when it has cooled down pour it into the pawpaw cavities. Refrigerate the pawpaw halves to set the jelly.

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GROWING PAWPAWS

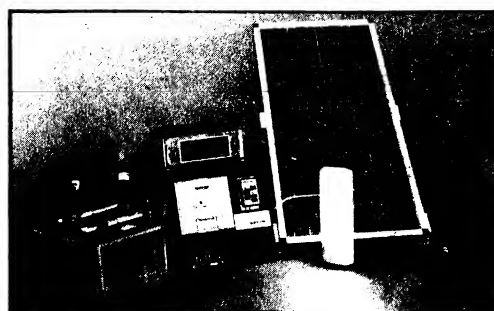
Pawpaw, being a native of tropical South America, does best in regions with high temperatures, humidity and rainfall. Plants are easily damaged by cold weather, especially when young; cold winds and light frosts will burn leaves and prolonged frosty conditions may kill even mature trees. Grow in a sheltered area in well drained soil rich in organic matter.

Pawpaw plants may be either female, male or bisexual. Female plants produce only female flowers and require cross pollination with one of the above to set fruit. Male plants produce mainly male flowers but can also produce bisexual ones on the ends of branches. These develop into edible but less flavoursome fruit. The male flowers produce pollen only, essential for the development of female flowers into fruit.

Seed is best sown in November so seedlings can be transplanted in late summer. Sow into containers or seedbeds using a mixture of organic sand or compost or directly into the soil, covering lightly with fine organic matter. Water lightly but frequently. Protect seedlings from hot sun and wind. Transplant when large enough (about 20 cm high) in the evening or on an overcast day and protect with shade cloth until established.

For successful pollination plant both male and female trees, with about ten of the latter to one male. Sex at flowering time and remove unwanted plants. Bisexual plants of course require male pollinator plants and as well are capable of pollinating flowers on female trees.

In tropical areas the first fruit is ready for picking eleven to twelve months after planting but in cooler areas it may be fifteen to eighteen months before plants begin producing. An average yield from a pawpaw tree is about three bushels for each of the first and second year but it drops off considerably after that.



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REFLECTIONS

by M. & B. Chalk, Bungarby, NSW.

Awoke this morning with the heavy scent of flowering eucalypts drifting in the window, quite cool but a brilliant blue sky and not a cloud in sight — no rain again! This means more hand and sprinkler watering on the house and vegetable gardens, more delay in planting the already ploughed and waiting top paddock with the necessary seed, and less likelihood of moisture and warmth to give the seed a good set. Going outside gave me a pause for reflection, I must keep reminding myself that two years ago I was a fairly highly paid middle management executive who made the decision in full control of his senses to 'opt out'. At the time, I had a growing sense of frustration at the rat race, the arms race, high inflation, soaring interest rates, high unemployment, low economic growth — all of which contribute to form a recipe for national disaster. Other people had made the break (GR had a story in almost every issue it seemed). If they could do it, why couldn't we?

We searched through three states looking for our land. We had a list of priorities and requirements gleaned from GR and other publications that it *must* have, a list that we'd *like* it to have, and yet another that would have made it a virtual rest home. After the usual ups and downs and frustrations at misrepresentation by land agents, and patently false advertising we walked onto this place and knew that this was IT.

The poor old agent's rep (the local school bus driver) had broken ribs and didn't really feel like walking the boundary of 120 acres unless it was absolutely necessary. We convinced him that it was. This was in May 83 and the drought had only just broken but the place had long green grass, there was a flowing creek which we were assured had not stopped throughout the drought, the power line ran right across the property, the fencing was in excellent condition, and there

was a dam that was half full. We wrote our holding deposit cheque and began to know we were really alive.

The dramas of organising temporary bridging finance, obtaining titles, and hurrying solicitors along took four valuable months, during which we continued to collect articles, books, tools, haunted second-hand shops and clearance sales and generally made our nice neat suburban Canberra home look like a junk yard.

Eventually the day came and it was ours! We had by this time taken a punt and camped on the place for a few weekends and spent our time clearing saplings and generally tidying up around the dam and future house site. We had also met and got to know our neighbour who was and still is a mine of information and always ready to lend a hand. We had checked and crosschecked the prices of sheds, garages, kits, weekenders and yurts and settled on a DIY kit from a fellow in Richmond who makes quite habitable buildings from the liners of sea containers and corrugated iron. Our neighbour had put us in touch with a bulldozer operator who would, for a reasonable fee put in a new track to the house site, level the house and shed sites and sink a second large dam for us. We were then put in the way of a small mob of sheep that was available at the right price and were generally made to feel that we could be welcome.

A few very hard weekends saw the shed up and habitable, furnished with necessities such as a kero heater, fridge, cupboards, beds, books and lots of tools. At this stage we were offered a tractor at a bargain price, admittedly it was in a paddock in pieces, but it 'used to go' and with the help of a resourceful father-in-law, lots of sweat, tears, threats, barked knuckles and prayers, it went again and is still going.

The decision was made and I prepared to leave my nice

safe, secure and totally boring job, selling up and taking my superannuation at a reduced rate. My feeling was that even though it was reduced, I would get more benefit from it by receiving it over a longer period. (After some of the physical efforts of the last 18 months or so I'm not so sure of that particular fact.)

The modular home was designed to reflect our new lifestyle with a large comfortable living area, a huge kitchen with a centrally located slow combustion stove, plenty of cupboard space, large pantry and a large tiled laundry as an in-between room for changing on cold, wet and muddy days, also used as an early home for poddy lambs and calves, young chooks and poults and puppies and kittens.

Part of the design of the house was the maximum participation of ourselves and cost saving labour. Consequently on moving-in day the furniture truck arrived as the carpet layer left (not a luxury, the carpet cost the same with or without the layer), the carpenters were still attaching the back steps, and the plumber was still hooking up the stove, not a drop of paint adorned the inside of the house, although we had finished the outside. The result was that we were not able to unpack or set up house for at least a month. The valiant effort by Barb, her mother and father (who had come for a holiday!) enabled me to get on with the setting up of toolsheds, chooksheds and yards, grain shed, turkey sheds and yards, sheep yards and cutting a huge pile of wood. As the priorities were completed more projects took their place such as moving ute-loads of soil into position and sowing kilos of grass seed in an effort to stabilise the earth banks behind and at the side of the house, the ploughing, tilling and fencing of an acre or so on the creek bank as a vegetable garden, laying out and planting the orchard. Organising, purchasing and setting up an alternative water system based on pumping from the creek to a header tank above the house and then gravity-fed back down to the gardens, toilet and laundry. Originally the toilet and laundry were fed from our 5000 gallon water tank, but four months without rain went a fair way to convincing me that an alternative had to be found.

We survived our first winter (complete with snow) and spring, worried our way through the summer fire season and are looking forward to autumn. Our notable successes have been our first lambs, our first shearing and its resultant four bales of wool, the first hatching of turkey poults and their continued co-existence with chooks, geese, bottle-fed lambs, bucket-fed calves, sheep dog pup and kitten. From the vegie garden we have two bags of potatoes in the shed, bags of peas in the freezer, beans, cauliflower, corn, cabbage, silver beet, tomatoes, onions, broccoli, sprouts and turnips ready to pick as we want them in the garden and neat rows of new seedlings coming on for the next crop. In the freezer is also home-grown, home-killed and dressed meat and poultry.

Another success is our integration into a small spread out community which at first thought that the new settlers would all be growing marijuana (some of the first ones did and were caught) and would destroy the fabric of their traditional way of life. This hasn't happened and in fact I was recently confided in and told that it was great to see this corner finally come to life. Yet another is being part of the local volunteer Bush Fire Brigade that travelled many miles to fight other

people's fires in the firm knowledge that they would do the same for us were the situation reversed. The pleasure of being asked by the traditional big time graziers in the area 'can you give us a day mate' on tasks that last year I had no knowledge of and would probably have been physically incapable of.

Up to this stage I guess we haven't really been living a real GR type existence, but the crunch has come at last. All of the planning and thought that went into the making of this place has *now* to bear fruit. The purchase last week of our flock of breeding ewes has used the last of the capital, so we now have to live on what we produce subsidised by a small 'super' payment. There still seems to be an unending list of equipment, tools and buildings needed and I ask myself 'Have I done the right thing?' 'Was my planning right?' 'Did I use our funds in the wisest manner?'

During my pause for reflection I also remind myself of the fundamental reason for making this decision, and that was to achieve a better quality of life, which cannot be purchased at any price. It is up to each individual to choose and pursue his own style.

We are happy with what we have done. There is still high unemployment, the arms race is still being run, interest rates are still going up and inflation is here to stay. I don't think we will ever be truly self-sufficient, but even so, it is an aim worth striving for and any degree of self-sufficiency is a worthy attainment.

Our feelings have been reinforced recently since long time friends from interstate came for a holiday, liked what they saw and purchased a nearby property, they are in the process of selling up and moving onto it at present. There was also our 'trendy' visitor from Canberra who exclaimed that we had a marvellous place and wished that he could have one just like it. It was with a great deal of pride and pleasure that I was able to say 'If you really want to — *you can!*'



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Do Your Eggs Contain Antibiotics?

by Peter and Sandra Cock, Healesville, Victoria.

Grass Roots readers share an awareness and concern for the type of food they eat and feel so strongly about the need for whole and chemical-free products that they are prepared to spend inordinate amounts of time producing their own fruit, vegies, milk, meat and eggs. However, even growing your own doesn't guarantee produce free from unwanted pesticides, chemicals and even antibiotics. Two readers warn other chook keepers of the possible pitfalls of poultry fast food.

The television program 'Countrywide' in November 1984 publicly discussed the linkages between how we grow our food and our health. We are what we eat, which includes how it is produced. In the United States, 50 percent of all antibiotics are consumed by lot-fed animals. In Australia there are no figures and little clear understanding of the extent or implications for public health of the feeding of antibiotics to animals destined for human consumption. The same antibiotics are often used to fight diseases in humans. Their side effects are that they also attack our natural immune systems. Over time, their effectiveness declines and the body, because of its weakened defences becomes vulnerable to other diseases not normally a problem.

The use of antibiotics is analagous to the use of artificial fertilisers and pesticides that are external inputs to the land. These suppress the development of appropriate farming practices that reduce the need for such applications in the first place (eg. organic and biodynamic farming). The spreading sickness in agriculture, of declining fertility, soil erosion, salinity, monoculture, and increasing soil and crop poisons, is being reflected in the increasing range of diseases that are connected to the erosion of our immune system, for example, cancer and AIDS.

Getting back to grass roots involves a careful and critical examination of the inputs into ourselves through the food we eat. What a shock it was to find out that our 'free range' eggs were full of antibiotics, ingested with the food on which the hens are reared, and that chicken and pork in this country are doped regularly with antibiotics. As yet, most of our red meat (lamb and beef) is free range and as a result the animals' defences are not undermined by the overcrowding and unnatural conditions of lot feeding. We need to take up the issues of animal welfare/liberation not only for the sake of the animals but for our own sake.

It seems that anything bought in the communal market place, irrespective of labels such as 'natural' and 'healthy' has to be looked at with a cynical eye. It is clear that for our health we need to work at reducing our consumption of fat, salt, sugar, chemicals and of food in general. Doctors and hospitals can help in crisis care but are powerless to cure chronic degenerative diseases that derive from the accumulated effects of overconsumption of refined and polluted foods, reinforced by a physically inactive lifestyle. Going back to the land is an essential ingredient for preventative health.

This 'Countrywide' program was followed by a number of articles and letters in *The Age* (May 2, 1985) relating to legislation requiring use of dyes to promote the healthy-coloured yolks so esteemed by consumers and the need for

intervention to produce tougher egg shells.

Meanwhile, our cattle and sheep were grazing and thriving, but our free-range hens' diet consisted of pellets plus household scraps. We made extensive enquiries and, so far as we could determine, all commercial mashes and pellets contained some antibiotics. The hunt began for an organic mash. Many poultry books had recipes for a layers' mash, but were disqualified either because of cost or unavailability of key ingredients. Some recipes cannot be reproduced here because of copyright restrictions, but interested readers can refer to the books listed at the end of this article.

The recipe we finally settled on was found in the *Weekly Times Farmers' Handbook* and is as follows.

36 parts ground wheat (by weight)
36 parts ground barley or milo
5 parts lucerne meal (if not available substitute with wheat)
17 parts meat and bone meal (50 per cent) protein
6 parts limestone
0.2 parts salt
vitamin and mineral premix

We had some difficulty obtaining ground grains, but find the Victorian Wheat Growers' Mill at Macaulay in Melbourne fairly reliable. We have not bothered with a vitamin and mineral premix since the hens can free range but have discovered that a mix free of antibiotics can be obtained from Proton Pharma in Mordialloc. The chooks have taken to the new mash very well, with no drop in egg production, and we are relieved to be enjoying our eggs without unwittingly ingesting antibiotics as well.

Further Reading

Dorothy Reading: *A Guide to Keeping Poultry in Australia*.
J. de Bairacly Levy: *Herbal Handbook for Farm and Stable*.
J. Tetrault and S. Thomas: *Country Women*.



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More on Octagons

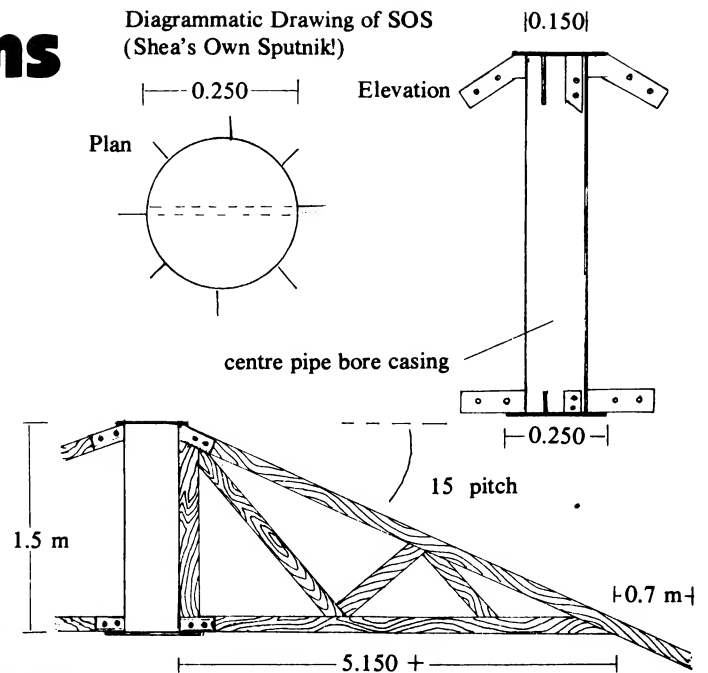
by S.O. Appleby, Buderim, Qld.

Further to the article on octagons, GR 44. My friend Phil Shea has designed and developed what is known as SOS or Shea's Own Sputnik, a design for building octagonal houses. We have used it successfully on four 4-metre sided octagons up to date with 100 per cent satisfaction.

The intention is to give clear span, with no intervening partition walls to support the roof. It's an ideal building for meeting places; alternatively, a home for those unconventional people who object to small rooms and doors etc in their dwellings. The price of the whole shell, complete with lining of slash pine (nailed to the top chords of the trusses and to top faces of rafters before the roofing iron goes on) is about \$12,000 — using all new materials.

The system for building an octagon using this method is to put up all walls to correct height; then fabricate scaffold from 75 x 50 mm (3 x 2 in) or 75 x 36 mm (3 x 1½ in) battens (these to be used subsequently as roofing battens) to the exact height of the walls, and in the centre of the slab.

Diagrammatic Drawing of SOS
(Shea's Own Sputnik!)



Foyer of proposed theatre under construction. The theatre proper will be a 6-m sided octagon set along side the building shown here. Total cost of shell, complete, is estimated at about \$12,000.

Octagon dwelling complete with septic tank, solar heater, parquet flooring and 5000 gallon concrete water tank and pump came out at under \$25,000, excluding my labour costs.



HYDROPONICS FOR BEGINNERS

by Jose Robinson, Wild Cattle Island, Qld.

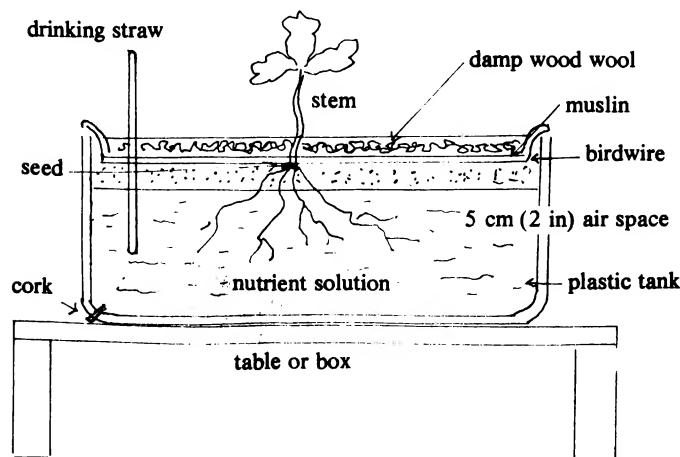
Hydroponics means growing plants without soil. There are two methods of doing this. One way is to grow the plants with their roots in a solution which must contain nutrients essential for their growth as well as adequate aeration. The other way is to grow the plants in some inert solid medium such as vermiculite or other suitable aggregate like gravel, crushed granite or coarse sand.

For the latter method, the same liquid nutrient is required as for the former, but it is flooded into the solid medium periodically, then allowed to drain away. This process is repeated as necessary to keep the medium damp. Automatic devices can be set up which are suitable to carry out this process, but it is possible to construct an inexpensive home-made equivalent, which will suffice for the beginner who only wishes to experiment with hydroponics in a small way. Commercial installations mostly use the solid medium method, and their initial installation equipment and labour-saving devices can be very costly, but these should be a once-only expense.

Some of the advantages of hydroponics are: no digging or weeding; plants may be grown closer together; containers may be tiered to save on space; some plants mature quicker grown hydroponically; crops such as strawberries are cleaner; no crop rotation; better control. Possibly the main advantage is the lack of any solid root structure, allowing total and continual control of the plant's environment, giving optimum growth and yields. Hydroponics is a boon to people who live in rocky or poor soil areas, as well as people who live in apartments or flats and have no access to a conventional garden plot.

I do not pretend to be an expert in the field of hydroponics, but what has worked for me in a small way with excellent results, may be of interest to other readers. My first experiment was with strawberries using the water culture method. I had previously tried growing them in the conventional manner in soil but the cane toads beat me every time.

Figure 1 Water Culture Home-made tank unit.



I began by cutting two flat-sided 20 litre (4.5 gal) plastic drums in half lengthwise. I painted the outside with black paint so light could not penetrate to the roots. I left a narrow upright strip unpainted to allow the height of the water level to be checked. Placing the four half containers on their sides, I drilled a hole in each one near the base to take a tightly fitting cork. Then I cut some fine bird wire to the shape and size of the top of each container, allowing it to extend down inside about 5 cm (2 in) from the top. I shaped a shoulder of wire to extend over the top edge of each end to hold it in position. Next I cut four pieces of muslin and lay one across each container on top of the bird wire. I selected some already rooted strawberry runners from a bundle given to me from a friend's garden. I carefully washed all trace of soil from the roots, and gently pushed each root system through a hole in the muslin and the bird wire so that the plants were suspended. Six strawberry plants in each container was just the right spacing. To help hold the heart and leaves upright, I placed some wood wool to a depth of approximately 5 cm (2 in) across the top of each of the four containers. This also keeps light from reaching the roots below.

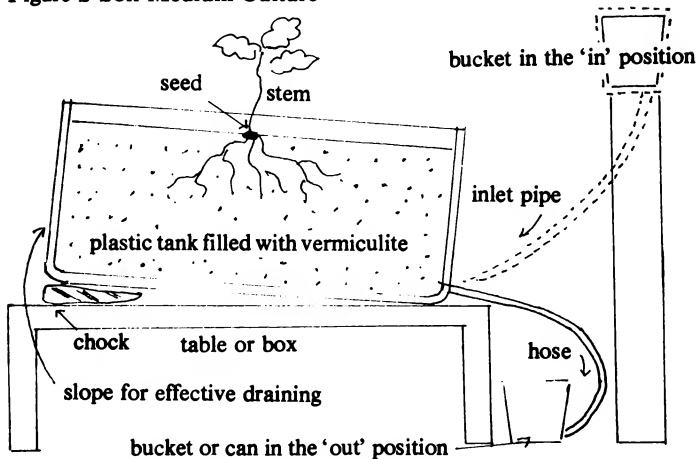
For the formula I bought a commercial mixture called Hortico Aquasol which is especially prepared for hydroponics. I mixed 1 spoon measure of Aquasol with the same quantity of Sulphate of Potash to 5 litres (1 gal) of water. Then mixing the required quantity for the four containers, I slowly poured it over the wood wool, saturating it completely. The liquid content was now approximately 12 to 25 mm ($\frac{1}{2}$ to 1 in) below the bird wire. As the root system grows, the quantity of nutrient may be decreased until a 50 mm (2 in) air space exists. This air space between the liquid culture and the wire is important, as it allows oxygen but not light to reach the roots. I use a drinking straw inserted through the wire into the liquid to blow air through. Commercial installations use a continuous bubbler to supply oxygen.

After a week to ten days, the plants have used all the nutrient from the liquid. It must then be drained out by removing the cork in the bottom, and replaced immediately with a freshly made nutrient mix. This procedure is continued throughout the growth of the plants. Strawberries should begin bearing fruit in approximately six weeks. I have also grown tomatoes and capsicum with excellent results.

The other method of hydroponics uses a solid inert medium. Purchase a bag of vermiculite from a plant nursery, and pour it into a suitable container large enough to hold the numbers of plants you require. Again a strong plastic square drum cut in halves lengthwise is suitable. It will need a hole in the side near the base, large enough to fit a short length of garden hose pushed tightly in so there are no leaks. The other end of the hole is fixed to a water can or bucket large enough to hold the quantity of liquid nutrient solution needed for whatever size your growing container is. The nutrient solution in the can is fed into the the medium by raising the can above the level of the growing container. The solution will flow into

Figure 2 Soil Medium Culture

Home-made tank unit.



the medium by gravity. After the can has emptied, it may be returned to the floor, when all excess liquid drains back into it. The inlet and outlet hose needs some gauze or similar material to stop any clogging up of the hose with the vermiculite.

The vermiculite needs to be flushed through with the liquid nutrient often enough to keep it damp. As in the water culture method, the nutrient requires replacing with a fresh mix after about six to seven days usage. Approximately every six weeks the medium should be flooded with plain water to wash out any accumulation of unused salts. Then recommence with normal feeding immediately.

FURTHER HINTS FOR HYDROPONIC GARDENERS

In using the water culture method, seeds, if suitably spaced, can be germinated in the wood wool so that transplanting will not be required. The root systems will find their own way down through the muslin and bird wire to the nutrient below.

In the solid medium culture, seeds may also be planted straight into the damp medium if desired. Transplanting from seed boxes demands careful attention to cleaning away all traces of soil clinging to roots. With plants such as tomatoes which require staking, provision must be made for stakes to be attached to containers before planting takes place.

Containers for hydroponics should not be of any material which may give off toxic substances.

Light must be excluded from all plant root systems.

All plants require air, light, minerals and water for growth, but all these must be in correct proportions for optimum results. The elements considered essential for plant growth and which are normally supplied by the soil include nitrogen, phosphorus, potassium, sulphur, calcium, magnesium, iron, boron, manganese, copper, zinc, molybdenum and chlorine. Certain plants might require slightly more of one particular element, so it may be necessary to experiment a little.

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If you wish to make up your own formula of chemicals rather than buy a commercially prepared one, the following guide will give you the quantities for 100 litres (22 gal) of solution for general purposes.

Potassium phosphate (monobasic)	12.5 g
Potassium nitrate	50 g
Calcium nitrate	75 g
Magnesium sulphate	37.5 g

The above salts are best added to the water in that order. A supplementary solution which will supply boron, manganese, zinc, copper, molybdenum and chlorine may be prepared as follows.

Compound	Grams in 1 litre (1 ¾ pt) of water
H ₃ BO ₃ Boric acid	2.86
MnCl ₂ ·4H ₂ O Manganese chloride	1.81
ZnSO ₄ ·7H ₂ O Zinc sulphate	0.22
CuSO ₄ ·5H ₂ O Copper sulphate	0.08
H ₂ MoO ₄ ·H ₂ O Molybdic acid	0.02

Add 1 ml of this solution for each litre (1 part per 1000) of nutrient solution when the solution is first prepared or subsequently changed, or at more frequent intervals if necessary.

A stock iron solution is made by dissolving 115 grams (4 lb) of iron chelate (sequestrone) in 5 litres (1 gal) of water. 1 ml of this solution is added to every litre of nutrient solution.

I found the Hortico commercially prepared nutrient was far less expense and bother than messing around with minute quantities of chemicals for hydroponics in a small way.

Finally for the absolute beginner who has no knowledge at all of hydroponics, I would suggest reading information written by some highly qualified experts.

Soil-less Culture Simplified by Alex Laurie.

Soil-less Growth of Plants by Ellis & Swaney.

Gardening without Soil by A.H. Phillips.

Simple Hydroponics for Australian Home Gardeners by A.C. Sundstrom.

Hydroponics — the Gardening without Soil by Dudley Harris.

Handy Hint

April is a good time to plant strawberry runners, which must be placed in deep, rich soil if fine fruit is required.

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HOME HYDROPONICS MADE EASY

by George Hall, Avenel, Victoria.

I have been in horticulture for six years and in hydroponics for about 14 months. I had known of hydroponics for some time prior to this, but always thought it too complicated for the average person to understand.

I attended Garden Week in Melbourne one year and was introduced to this fascinating subject, but the cost of equipment was daunting. Nevertheless a system was simple enough to make. It consisted of four pieces of stormwater pipe on a stand fed by drippers, with a container at ground level to recirculate the water. At the time I found this totally unsuccessful without a pump. I was watering manually by using two containers — one for the nutrient and one for drainage — and then changing them around three or four times a day, seven days a week. My constant attention was required.

Information on the subject was either very scant or far too complicated for my simple needs. In my search I decided to look up all the hydroponic suppliers in Melbourne, take a day off and visit every one. I thought now I would find answers, but this was not to be. The basic information was just not available, and suppliers all wanted to sell me their own systems and nutrients. By late afternoon I was finally put in touch with a lady who ran a hydroponic business at Caulfield. To appreciate hydroponics you must see a well-run operation, and a lot of my early knowledge I owe to this lady. She was using a Baguley tray system designed for the cut flower market though it still had to be watered daily. The box was made from polystyrene, had two drain holes at the bottom, but allowed a certain amount of water to remain in the box as a reservoir. Unfortunately, as with my first system, I found out very quickly that it was not really suitable for country areas because the temperature is usually higher than in Melbourne and more watering is required. It may seem easy to water daily but I found I could not go out for a weekend because the plants would collapse from heat. Providing they received the water they did very well, but what I needed was a system that was easy to assemble, maintain, and cheap to run. I used the Baguley tray system for six months, and have also tried about nine other methods. But I have finally arrived at a system that fills most of my criteria.

GROWING MEDIUMS

I was initially told to use a mixture of scoria and perlite. Scoria (volcanic crushed rock) is readily available but must be of a small variety. It is used with the perlite to give added absorption to the mixture. Perlite is rather expensive; a 100-litre (22 gal) bag costs from \$16 to \$20. Other possible growing mediums are sand, vermiculite, shredded polystyrene, peat — it is all a matter of trial and error (wind, for example, can cause havoc in some arrangements).

NUTRIENTS

There is a large variety of nutrients on the market, but always ensure that the nutrient selected is specifically for hydroponics (foliage fertilisers are not recommended because they are not



George holding up mature celery plants to show how developed their root systems become. In the background are corn plants in production.

complete). The cost can vary considerably from brand to brand but one is just as good as another, and it is really a matter of personal choice. You can pay up to \$15 for a kilogram. I have found Top Fertilisers hydroponic nutrients quite satisfactory. The cost is very reasonable and it is available in 250 g (9 oz) containers complete with measuring spoon and instructions. It comes in a two-part mix whereas most others are one-part.

SYSTEMS

You can make a system as simple as you like or you can spend thousands of dollars to do basically the same thing. I have only now bought a greenhouse and pump which I will discuss later.

RECIRCULATING

The nutrient (solution) flows through the system via drippers or otherwise flows back into a holding tank, and then at a predetermined time during the day is recirculated. The greenhouse costs at least \$150. I have been told not to use submersible pumps but an external pump costs from \$150 to \$200. You then require all the drippers, polypipe, holding tanks, drainage pipes and connections.

NUTRIENT FILM TECHNIQUE OR NFT

No growing medium is used but the system does have a container with a cover to hold the seedlings while water



A 'garden' of mixed vegetables in their boxes, this system has great potential for people living in dry harsh country where gardening is difficult.

continuously flows around the root system. The roots basically grow in water, but this is difficult to set up on a small scale.

PASSIVE SYSTEMS

These are the systems which I mostly use — a container (whether it be a flowerpot with saucer, ice-cream container, stormwater drainpipe, wooden boxes lined with plastic) filled with growing medium and watered by hand. These can be cheap to set up, and I have arranged 20 boxes in half an hour and had them operating almost at once. Since using these systems I have pulled up only three weeds. Once a system is set up there is no work involved except watering.

WHAT TO GROW AND HOW

In my early trials using commercial seedlings available from nurseries I had a lot of failures. The root systems are designed for soil, not water, and they seem totally different in colour and texture. I have found that a change-over period of approximately two to three weeks is required. I then transplant the seedling into a small pot or tube, and sit this in a tray where water is added to a third the height of the container. Dieback can be a problem. After a period of time, between 10 and 14 days, I normally add a half-strength solution to the plants and within a few days a full-strength solution. So far I have found onions, chives and celery transplant very easily. Lettuce and tomatoes are much slower. However, anything that is grown in the garden can be grown hydroponically. Flowers do very well. Any vegetable can be grown. I am in the process of growing the following (with varied success): fruit trees (standard and dwarf), raspberries, blackcurrants, rhubarb, asparagus, passionfruit, grape vines. Fruit trees might not prove to be worth the trouble in view of their return.

GROW YOUR OWN

I have found that because of the uncertainty of using bought seedlings it is much cheaper and quicker to grow my own. I have always found seeds from New Gippsland Seed Farm (PO Box 1, Silvan 3795) to be reasonably priced and very satisfactory — I have few failures. I use ordinary punnets that

bought seedlings come in, and fresh scoria (not scoria that has been used before as the salts in the nutrient seem to collect and inhibit growth). The punnets must be kept damp and warm during the germination period. In summer this is no problem but in the winter months this may be more difficult. Once the seeds have germinated they can be placed in a shallow tray with half-strength solution until they grow larger and have full-strength solution. When they are reasonably large and have a good root system I transplant them into the growing tubes. They remain in these tubes until the roots start appearing at the bottom, and are then placed in their individual boxes. It is amazing how fast these plants will grow once established.

PROBLEMS

I have found that for hydroponics to be successful the system must be out of the wind, otherwise the results can be very discouraging. The vast variety of nutrients and their different costs can be daunting. If during the growing period plants turn yellow it means the nutrient strength is too low.

The availability of growing containers is a problem — galvanised iron cannot be used because of the high levels of zinc which would make the plants toxic. Wooden boxes can be used but they must be lined with plastic and have suitable drain holes. I find sealed polystyrene boxes are the best. These are painted inside with a water-based paint because they are porous and would leak.

If scoria is used, it is advisable to wash it first; this lowers the pH and removes a lot of the fine dust. It can be used again but must be washed to remove excessive salts. Depending on your level of outlay I believe it is not necessary to initially buy pH water-testing equipment. You can buy pH test strips which are dipped in water and will give a reasonably accurate reading. Conductivity meters are also available which will give an indication of how much nutrient remains in your solution. I have only just brought one but had previously done quite well without. The cost of pH strips is about \$13. Conductivity meters range from \$90 to \$700.

PESTS AND DISEASES

Initially I had a spate of diseases but I put this down to too weak a solution of nutrient which would have caused excessive stress to the plants. Now I am keeping a record of all irregularities and will keep them for future reference — there is very little information available on this subject. Generally I seemed to have problems with a fungal-type disease. I do not believe in using chemicals although I do use Derris Dust on my cabbages.

I will shortly be experimenting with an organic solution (excellent for flowers) to see whether it would be possible to grow without using the chemical nutrients, but I think the big problem will be the trace elements.

Future Developments

At present I am setting up a concern at Avenel called Home Hydroponics which will cater for country people and will sell a variety of products. I have a 9 x 4.5 m (30 x 14 ft) fully automated greenhouse where I will be doing my research. I will also be growing an extensive range of flowers. The only plants not being grown will be fruit trees because unless I can put them in my recycling circuit I don't think these would really be economical to grow.


The system I am presently designing is a portable item which has had a few trial postings to different parts of the state without mishap so far.

If readers have any problems I am always willing to listen, or if you would like to visit just telephone first or drop a line to PO Box 8, Avenel 3664. I can be contacted or messages can be left by telephoning 057-962-477 (I own the house but do not live on the property).

The Hydroponic Society of Victoria have monthly meetings at Burnley which are well worth attending. Contact the secretary, Eva Best (03-569-8777). Membership is \$10 per year.

★★★★★★★★★★★★★★★★★★★★

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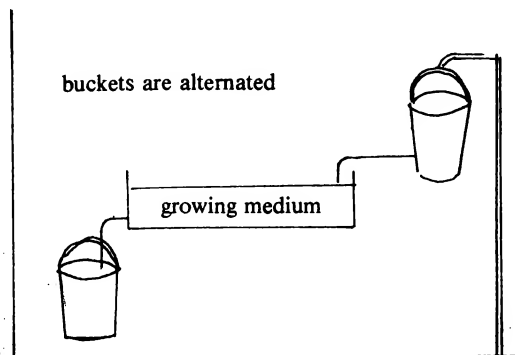
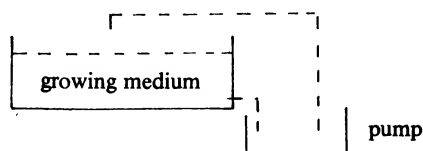
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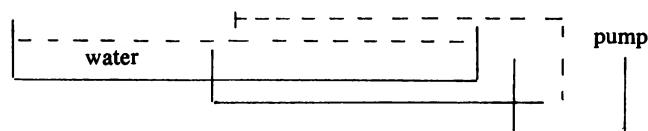
Maggie's is a handcrafted magazine keeping in touch with the planet at a human level.

Types Of Hydroponic Systems

RECIRCULATING

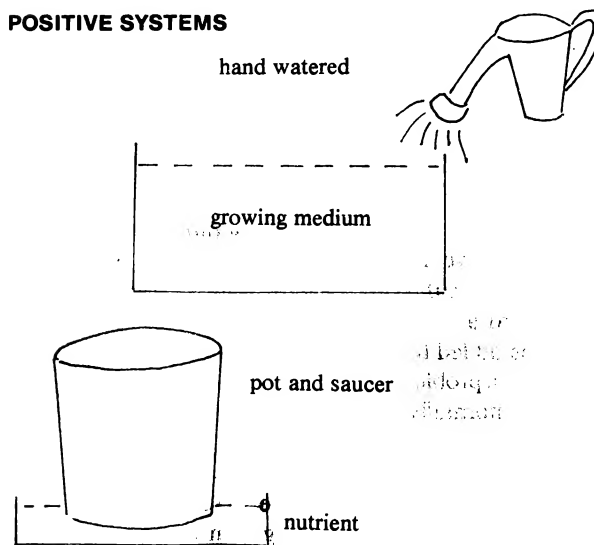


NUTRIENT FILM TECHNIQUE



water is circulated continuously as plants grow in water

POSITIVE SYSTEMS



Prevent Moths in Carpets

Wet the floor around the edge of the room thoroughly with spirits of turpentine before laying the carpet, apply with a brush as you would paint; it kills the nits or eggs under the base, and also prevents further nesting. Salt sprinkled freely about the edge and over the whole carpet, while sweeping, is not only a preventative, but it also helps to remove dirt, and if damp, prevents dust from rising while sweeping.

MAKING RUGS FOR ANIMALS

by Barbara Lovi, Narangba, Qld.

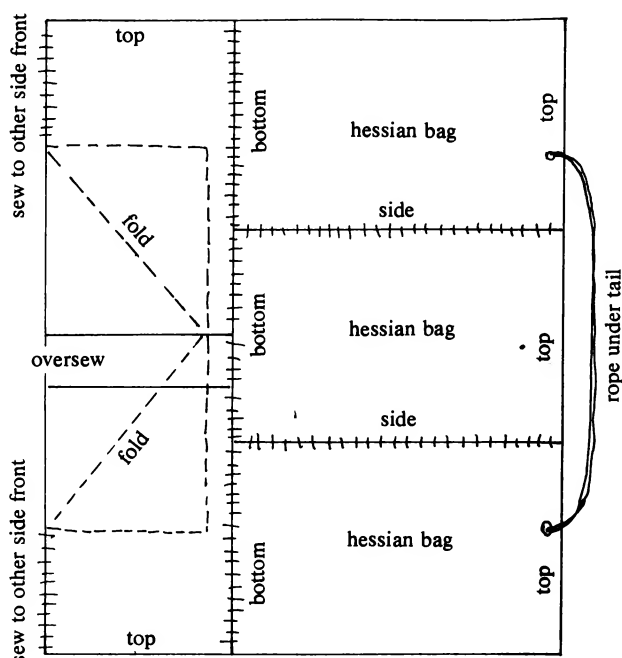
Some time ago a reader asked for ideas for making rugs for animals. Here are instructions for making rugs, similar to the ones which we have been using in our family for years. They should not come below the knee because if an animal lies down the rug could become caught up and pulled off when it gets up. A rope or leather strap can also be tied around the middle if needed. If the rug is put on a cow for a couple of weeks it will become showerproof with the oil from the cow's skin.

These rugs are made from hessian feed bags. For wet weather we have some made of woven fibreglass bags to put over the hessian ones. The fibreglass rugs should not be used next to the skin on any animal because they sweat, overheat and the animal's hair tends to fall out after a time.

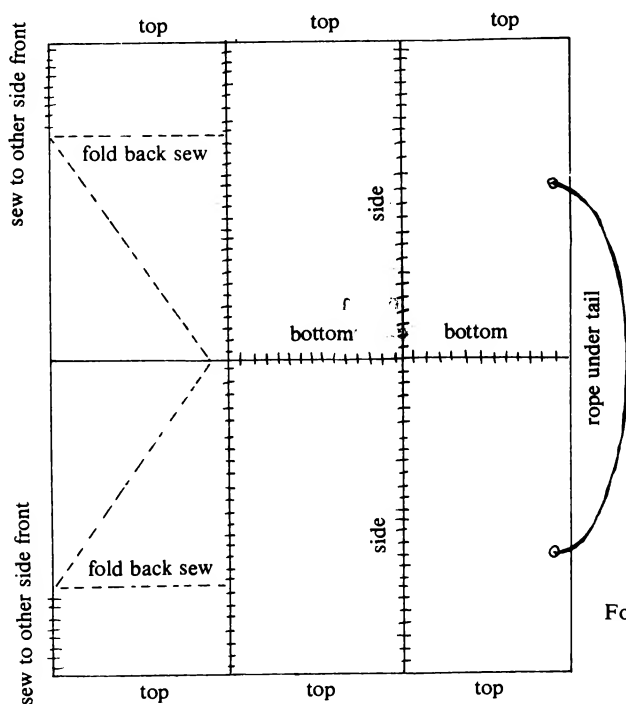
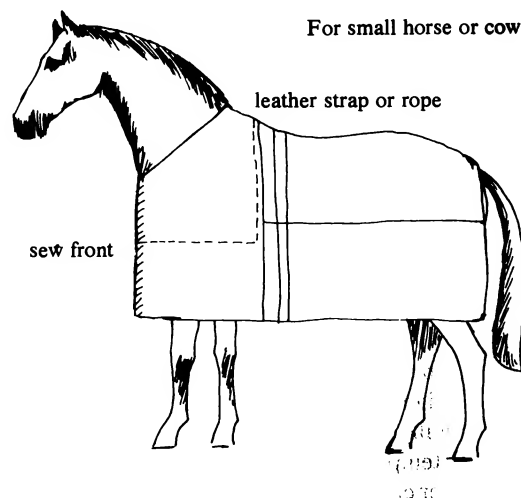
As the rugs are sewn up at the front they are put on the back of the animal first and then slipped over the head and pulled back. The bags on the front are folded back to fit the neck and shoulders then sewn up the front to make a snug fit. Where the bags are folded they need to be sewn back firmly as the loose ends tend to become caught and pulled off. The extra thickness reinforces the front.

If more than one rug is used on an animal at once put a leather strap around the middle only of the outside one. These rugs are very warm and trap the body heat so no more than two should be needed at one time. Spares are a good idea for wet weather and accidents (rugs can be caught in fences, trees, and pulled through wet grass and creeks).

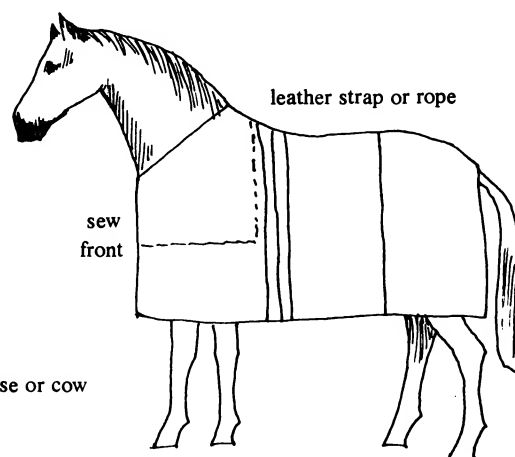
I hope these instructions help others to keep their animals warm. My cow milks better through winter when she has this protection. She lets me know if I forget to put it on too. Do not leave a rug on a cow if it is close to calving because either the cow or calf could become entangled.



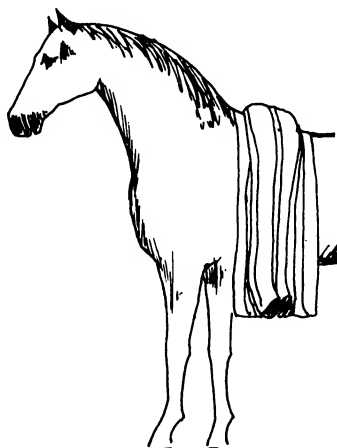
For small horse or cow



For large horse or cow



To put on, bunch rug up on neck, slip over head and pull back.



Sourdough Starters

by Lynn Sutherland, Brighton, Qld.

1. Mix 4 cups flour, 2 tablespoons sugar, 1 tablespoon vinegar. Add enough water to make a light batter, cover lightly with cheesecloth or similar and let stand in a warm place until it begins to bubble and work, giving off a pleasant odour. The ingredients pick up or attract wild yeasts in the air. Occasionally the original starter will begin to have an awful odour, just throw it out and start again.
2. Put 2 cups flour into a jar or crock, add 2½ cups lukewarm water, and set the whole batch in a warm place, lightly covered.
3. Mix 2 cups flour with 1 package dry yeast stirred in and enough lukewarm water to make a thick batter. Let stand in a warm place for 24 hours.
4. Use warm milk instead of water, using the same method as above. Raw milk right from the cow is another milk version.
5. Let a cup of milk stand for a day or so in an uncovered container at room temperature. Then add 1 cup flour, mix and let stand for another couple of days or until it begins working.

Leftover Soap

This hint will help you to recycle leftover toilet soap scraps. Collect enough scraps of soap to half fill a 500 g empty fruit tin. Cover the soap with hot water and leave to soak overnight.

Next day add a little more hot water, stir well, and leave to stand overnight again. Next day stir well, stand in a saucepan of boiling water, and allow to simmer until the soap is runny. Add 1 teaspoon of glycerine, 1 teaspoon of honey and 2 tablespoons of rolled oats. Stir well and pour into moulds. When cold and set, push soap out of moulds, and leave to harden on a window ledge for about a week before wrapping and storing.

Joyce Komorowski.

LICE AND GOATS

There are two main types of lice in Australia, the biting, red, louse *Damalinia caprae*, and the sucking, blue, louse *Linognathus stenopsis*.

Signs

Goat lice are small (up to 3.5 mm) insects which are found among the hairs and on the skin of goats. They are specific to goats, although sucking lice may infest sheep. Biting lice feed on skin, scurf and hair debris. Lice crawling through the hair irritate the goat resulting in the goat scratching and rubbing. The skin becomes scruffy, the coat dull and the tips of the ears may lose their hair covering.

Sucking lice cause more irritation because they actually puncture the skin and suck tissue fluids. Raw and scabby areas may occur on the skin. When an infestation with sucking lice is heavy, severe anaemia may be seen.

Life Cycle

Lice spend the whole of their lives on the host. Eggs or nits are produced at a rate of one very day or so. The eggs are attached to the base of the hairs. After a week to ten days, the eggs hatch to nymphal lice which undergo three moults. The nymphs grow between moults and become mature female lice (or male lice) ready to lay eggs. Egg to adult is about 30 days. Individual adult lice survive for about a month.

Spread of Lice and Build Up of Infestation

The spread of lice is usually direct from one goat to another goat, the lice being brushed across when there is contact. Lice removed from a goat usually die within 1-2 days while eggs which are removed are unlikely to hatch. However, spread of lice or eggs can occur via the use of common equipment, eg grooming equipment, stalls, trailers.

The build of an infestation occurs mainly during autumn and winter when the temperatures are colder, and the hair coat long. High temperatures and sunlight decrease breeding and lead to death of lice. Thus there are usually low numbers of lice on grazing goats in summer.

Control and/or Eradication

Lice can be eradicated if the following measures are taken.

All goats are treated with an insecticide which kills lice.

The insecticide used contacts all lice.

A second treatment is given 2-3 weeks after the first to kill lice which have hatched from eggs present at the first treatment. (Unlike sheep the insecticide does not persist in the coat.)

The yards, stalls and equipment are treated with insecticide, or the goats are kept away from them for at least one week.

The goats do not contact other infested goats and purchased goats are kept isolated until treated twice.

The best time for treatment is late summer, early autumn when the hair coat is short, and the number of lice is probably low.

Reprinted from Department of Agriculture, WA, Jarrah Rd, SOUTH PERTH 6151.

TOFU

by Betty Smith, Richmond, Victoria.

Tofu is bean curd made from cooking soybeans and processing them into milk to which a solidifier is added. A curds and whey mixture results, the former being ladled into some sort of mould and processed. Back in GR 29 we published the first of a five-part series on the Politics of Protein, covering soymilk, yoghurt, cheese, tofu, tempeh and other soy products. This issue we present a reader's experience with making two soy products, tofu and tempeh, and the solutions she developed to what appeared to be insoluble problems.

My first attempt at making tofu came from a recipe in a magazine and it was a disaster. The instructions said to thoroughly boil the soaked beans until soft enough to put through a sieve, then add rennet as a coagulant. The rennet did nothing at all, and the result was a beige-coloured soy jelly. Later I saw a similar substance to this for sale in China. The vendor scooped the straw-coloured jelly from a large mound with a loop wire. It was probably good food but, for me, a long way from the beautiful white curd I had enjoyed both visually and gastronomically.

Later I asked a Chinese grocer how to proceed — his only advice was that gypsum was the coagulant. This worried my family a little, but his suggestion to just make the soy milk and thicken it with gelatine is not a bad idea — it does make a sweet or savoury jelly which can be useful.

The day was saved when I found the splendid *Book of Tofu* and became one of the many enthusiasts who owe a whole lot about coping with high costs to this small investment. In fact the *Book of Tofu* then cost less than \$5, and my only other purchases were one metre of butter muslin and one of those discs that prevent milk from boiling over. This was almost a necessity, because I found that for me the beans need one hour's boiling to de-gas, and the disc made it possible to turn the heat very low and leave unattended, instead of the tedium of stirring or the bother of heating double saucepans. The remaining needs — a large saucepan, a large bowl, plastic colander and wooden spoon — are in most kitchens.

Tofu

To commence, I used whole beans chopped in blender after soaking, and nigari, but eventually found the easiest and cheapest ingredient to be the finest possible soy flour — this is more expensive to buy but yields a much larger quantity of tofu. Calcium sulphate is my coagulant.

The standard recipe for two and a half cups of flour with enough water to make a creamy mix (not too thick for simmering unattended) uses about one tablespoon of coagulant. After one hour simmering I put the colander over the bowl and fold the butter muslin to four thicknesses and upend the bean mixture, rinsing with about half a pint of hot water any remaining residue in the muslin. Now the bowl contains the soy milk, which can be used as milk or made into yoghurt.

For my yoghurt I use the cultured sour cream as a thickener. This makes a delicious rich dish — about one tablespoon of cream to half a pint of soy milk more or less, with any flavouring if preferred. I have also made sultana egg custard using soy milk, and rice pudding (the rice pudding gives the extra bonus obtained through the mixture of rice and soy).

I dislike milk, and so have found a cheaper and more pleasant substitute. It's very easy to make and can be mixed with stewed fruit to make a simple and substantial dessert — the soy milk thickens with the juice. Tofu is simply made with soy milk, heated to 70 degrees Celsius or higher. Add one tablespoon of coagulant in about one cup of hot water to the



Pouring the curds and whey into the muslin lined colander.

mix while it is still swirling after stirring. Put on the lid and leave for 5-10 minutes, then take a look. If it's not all coagulated, give a slight stir and if this does not complete the process add another teaspoon of coagulant in water. When the whey is clear, pour through your rinsed butter muslin; this time discard the whey and keep the curd. (The colander is really just a support at this stage.) Fold the outer muslin over the curd, top with a small dish and weight down — an old flat iron or a piece of brick are suitable.

The whey makes a good detergent, but must be kept very clear or particles of soy meal will adhere to what you are washing.

Soy curd is delicious simply eaten fresh with a savoury or sweet sauce or garnish. It can be fried, stuffed, cubed in soup, combined with mushrooms, made into cheesecake, eaten with brown bread and honey, frozen, thawed, or even dried in the oven, which will preserve it indefinitely. The curd also makes an excellent dessert beaten up with raspberries, apricots or pineapple — a little gelatine makes it even more substantial.

It can be used with meat, or as a meat substitute, with dried seaweed, with celery and salad — in fact with almost anything.

Tempeh

Tempeh, moulded soy beans, gave me some trouble to begin with. I wished to use up the okara which was left after putting the soy beans through the blender (before I changed to using soy flour). I didn't want to throw it away, but I found that most of the okara recipes tasted dry and boring. *The Book of Tofu* gave directions, but the results just did not work well. I tried drier and wetter mixtures, with unsatisfactory results before I realised that humidity was the important factor. My ordinary plastic colander placed on top of the hot-water tank turned out to be perfect. I lined the colander with a single layer of nylon net. (This is non-absorbent and easy to clean.) I didn't bother to send to USA for the mould (activator), but bought a piece of tempeh from the health-food shop. I chopped this finely enough to fill one quarter cup and made this to a paste with two tablespoons of vinegar. I thoroughly mixed the paste with two and a half cups of okara, tossed this loosely into the net-lined colander, then covered this with aluminium foil all over, leaving narrow slits at the side towards the base. I then stabbed the foil about a dozen times with the carving fork to allow circulation of air to top and sides. The pinholes suggested in the *Book of Tofu* did not allow enough air.

For temperature I keep my tempeh on top of the hot-water tank, and find it takes 24-30 hours according to the temperature of the day. I also prefer tempeh made with whole well cooked soybeans, and a bit of okara tossed in if I happen to have some. However, there is little okara with soy flour.

Alternative uses for okara are to make up a soft paste out of approximately one cup of okara, a beaten egg, two dessertspoons of oil and wholemeal flour. This can be made into pasta and dry biscuits — I generally make the two from one batch. The pasta is much tastier than the commercial product and can be varied with herbs. The dry biscuits are delightful with Torula yeast and chilli powder added.

For those who don't have my handy little hot water

storage in their kitchen, they may be able to use a fish tank heater adapted to a suitable container with a tray to hold the colander, and a cover. Alternatively, an electric light in a confined space should suffice. If you don't have electricity, the area beside a combustion stove should give you the required temperature to produce humidity.

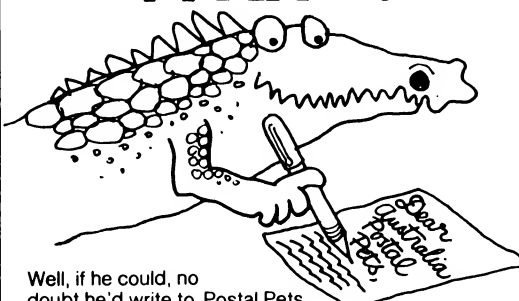
It took me a long time to make my first tempeh, but I simply *hate* being beaten and believe the right conditions can be made anywhere — it just takes persistence and the desire to succeed.

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MFA TH P016

Maintaining Electrical Tools

by Roy Wallace, Kuraby, Qld.

This article is mainly for those handy people building their own homes in Australian conditions in the present circumstances (over the years some tools become obsolete).

I will start by suggesting various tools that you may need.

The selection of your tool kit can be governed by many differing circumstances.

- a) Availability of electric power or an alternator.
- b) Where you will actually be using your tools (in a workshop or on a building site or both).
- c) Skill of the operator.
- d) Availability of a good saw doctor.
- e) Availability of cash to purchase the tools.
- f) How much work you intend to do with each tool.
- g) Availability of spares and repairs to electrical tools.

Selection of electric tools

If you don't have any electric-powered tools and you intend to buy some, a good working kit would include:

- a) A Black and Decker electric saw that will cut 7.5 cm (3 in) depth. (From my present knowledge of the market I think Black and Decker is the best.)
- b) An electric planer. There are all types; usually a cheap one is good enough.
- c) Two electric drills. A small one (not too cheap) — I think the Bosch 2-speed 0.9 cm ($\frac{3}{8}$ in) chuck. A larger drill 1.2 cm ($\frac{1}{2}$ in) is useful for drilling into concrete. If you are sure that you will never need the vibrator (hammer action) drill, to drill into concrete you could select your 1.2 cm drill with a reverse on it. Technically you can't have a reversible drill with a hammer action. Bosch put out a beauty with variable speeds. I use it for many jobs.
- d) A small bench grinder for sharpening tools. I don't have any favourite type of these. I bought a cheap one 20 years ago and it is still working.
- e) If you can afford it get a smaller saw as well. If you don't have any work after for the bigger Black and Decker and you are building the house on a slab of concrete, you could make do with just the little saw if your finances are not great. Most small saws only cut approximately 5.8 cm ($2\frac{1}{4}$ in) in depth. I have an old Hitachi which cuts 6.3 cm ($2\frac{1}{2}$ in) with a new blade. It has been a wonderful machine, very powerful for its size.

Using electric tools

DRILLS

If you are drilling through a large section of timber with an auger bit the Bosch reversible drill is the ideal machine. Auger bits can become jammed in the timber and the reverse is very quick to get it out. You will find that the latest style of single-fluted auger bits are much better than the old, double-fluted ones.

I also use my 1.2 cm Bosch drill on mechanical work (undoing nuts after I have loosened them by hand). When doing up nuts or studs remember that there is no clutch on the machine and if it comes to a sudden stop under full load it

could break your wrist. (Don't tighten the chuck too tightly on the socket shaft.) This will allow it to slip under load and of course slowly wear out the chuck. With the variable speed trigger it is easy to gauge when to cut off the power. I run the machine through a safety pack when doing this work — it serves as an added protection along with the double insulation on the tool itself.

Another job I use this drill for is starting the motor mower — I took off the rewind starting-rope mechanism. To start I simply put the correct socket spanner on the drill and apply it to the motor mower. It is better to build up the revs slowly or the spanner will slip. It is also necessary to turn the engine the correct way or the blades won't cut when the engine starts.

A word or two about the socket spanner on the drill might help here. I bought a 0.9 cm (3.8 in) extension bar for a socket kit and cut it in half with a hacksaw. Then I used a reduction to a 1.2 cm ($\frac{1}{2}$ in) square socket to fit between the bar in the chuck of the drill and the required socket spanner.

The small electric drill does not need much introduction; most people know how to use them. If you haven't used an electric drill before but want to drill a small hole to take a screw, practise holding the drill straight by using a larger bit in scrap timber. Don't move the drill to the side at all or you will break the bit.

SAWS

For your personal safety never rest the saw on your leg. It is a bad habit. I have seen too many legs cut open because the guard didn't come back over the saw. The return springs on all saws are fairly frail and can easily break.

Always saw timber with the saw cutting in a line that would go beside you. If the saw jams it will jump straight backwards from the direction in which it is cutting. You cannot stop it going back. The full power of the motor is suddenly thrown in another direction when the blade jams.

When cutting long lengths of timber in half, support each end in two places and still be careful of jamming. When cutting off a short length do not support the short length at all but when you are almost through move quickly to prevent splitting if there is any weight in the short length.

All saws have a depth adjustment and a fence usually. The fence is to make a cut parallel to the edge of the timber you are cutting.

If you are doing a lot of ripping (cutting boards lengthways) a good idea is to obtain a piece of 2 cm ($\frac{3}{4}$ in) pineboard (particle board) about 1 m (3 ft) square and cut a hole in it which will neatly take the saw and allow the plate and saw blade to protrude.

The hole must be large enough to let through the motor and the handle. The saw is then held upside down. The plate is on top of the pine board and the guard held underneath. Place the pine board with saw between two stools and you now have a sawbench. By leaving the plate on top you can use the fence to guide the timber over the sawbench. The switch is held in

the on position with the button provided or a piece of string. To turn the motor on or off you simply plug it in or pull it out. Put a couple of temporary nails through the pine board and into the stools.

Maintenance

SHARPENING SAW BLADES

It is best to use tungsten-tipped blades if you can because they will last a long time between sharpening (provided you don't hit any nails or screws). Don't listen to the old myth that you can cut nails with your tungsten blade. If you want to do this you must buy a special blade which will not last a long time between sharpening and will be a bit slower at cutting. Your tungsten blades must be sent to a saw doctor to be sharpened.

If I am cutting second-hand timber I like to use the old-fashioned conventional blade. They are easy to sharpen.

Before I discuss how to sharpen blades I will make a very important point regarding circular saws. *All* circular saws must be turning in a true circle from the centre of the shaft. That means not in a duck-egg fashion, or not all of the teeth will be working. Even if this concentric fashion of turning is only a few thousands of an inch out it will slightly effect the working ability of the saw and make it more noisy.

If there is any clearance between the saw blade and the shaft — that is, the hole in the saw is a loose fit on the shaft — it will mean that the tips of the teeth are not all turning in the same true circle.

When the saw doctor sharpens the saws he places them on a cone and then machines the teeth to the true centre of the blade. It is up to you to get the blade exactly in the right place on your loose shaft (if it is loose). I simply place a bit of fine plastic on the shaft and it takes up the slack.

If you are sharpening a conventional blade yourself, just make a mark on top of the saw blade where it clears from the bracket. Tighten the saw at this position then strip it to a true circle.

To strip the saw obtain a piece of carborundum stone or a worn out abrasive disc. Start the saw in an inverted position (preferably in your 'sawbench') then apply the stone lightly to the blade (the cutting teeth). Do not push it straight onto the saw as if you were cutting a piece of wood. Move the stone slowly back and forth at a right angle to the blade with the stone lightly in contact with the teeth. Stop the saw.

Examine all of the teeth. Continue stripping until all or most of the teeth show the mark of the stone. When sharpening, if you take the blade out you must place it back as it was with the mark on the blade in the same position.

If the teeth are broad and there was a lot of correction with stripping, the blade will need gulleting.

Place an abrasive disc in your saw and put the saw in your sawbench. Simply shape the teeth with the disc, taking care to preserve the original true circle you made at the tips of the teeth. Don't let the blade become too hot — it may lose its tension.

When sharpening with a file follow the original angle on the teeth, unless of course they have since been fouled up. Sometimes amateurs leave the backs of the teeth higher than the tips. In such cases the saw will not cut at all.

When sharpening look very closely at the mark on the

teeth tip left by stripping and stop sharpening precisely when that shiny point disappears. The tooth is now sharp and forms part of a true circle.

If the teeth need setting (that is expanding the tips of the teeth to make a kerf wider than the saw blade), do this before sharpening. This can be done to a small saw blade with a hand-saw set or you can use a hammer with the saw resting flat on an anvil (or anything flat). Let 0.6 cm (¼ in) of the tooth project off the anvil and tap it lightly with the hammer once. See if it made any impression, and if so hit every second tooth with exactly that pressure. Turn the saw over and tap the other teeth in the same fashion. Do not do this if the saw is cold because the teeth might snap off.

SHARPENING BLADES AND CHISELS

When using Australian timbers (pine and hardwood) I use between 15 and 25 degrees angle for my cutting edges. I like to hollow-grind the chisel or blade first on the emery wheel. After this the chisel must be sharpened on a carborundum stone by moving the chisel back and forth with both the heel and toe touching the stone. Then the flat part of the chisel is placed entirely flat on the stone to get the fine particles off the cutting edge. This procedure is reversed a few times — that is, returning to having the curved edge against the stone for a couple of rubs, then back again.

Be very careful to ensure this chisel is not hit towards you or anyone else. Do not throw it to anyone. Do not let children use it unless you stand over them and watch every move.

SHARPENING HANDSAWS

With the price of files now it is not much more expensive to get handsaws sharpened by a saw doctor. However if you are miles from a saw doctor or you cannot spare the time lost without your handsaw you can sharpen it yourself.

It is very difficult to teach anyone to sharpen handsaws without actually showing them what to do. But I will try to explain it simply.

With most handsaws the teeth are not in a straight line. There is a slight round in them (the teeth at the middle of the blade project further than the teeth at each end). This is not so with tenor saws which are straight. Try to maintain this original shape.

Let us assume that you are going to sharpen a six-point saw (that is six points and five spaces to every 2.5 cm or 1 in). You will need a 15 cm (6 in) triangular (three cornered) file. Otherwise a 20 cm (8 in) file will do. If you want to sharpen a 10-point or 12-point saw use a file of about 10 cm (4 in).

If your six-point saw has hit a nail or is in a bad state of repair you will have to strip it first. Place it in the saw clamp (a wooden device to hold it firm). Obtain a flat file (an old one will do) and rub it lightly over the full length of the teeth. Look to see if all of the teeth were hit. You must keep the file blade absolutely square to the saw blade when doing this or one side of the saw will be too low.

Then with your three-cornered file, from one side of the saw only, shape the teeth (if they are not all perfectly the same and deep enough). Keep the file at right angles to the saw blade when shaping the teeth. Remember you are not sharpening the saw yet — you are only shaping the teeth.

If necessary, strip again.

Set the teeth alternatively as they were before (or should have been). Be careful because teeth which are bent back might break off.

If much adjustment has been done strip lightly once more. then sharpen with the three-cornered file taking care to maintain the beautifully shaped teeth by keeping the file at the correct angles in all planes. It would be best for you to copy off another saw which you know is good so the first tooth can be shaped like it. Assuming that the saw is perpendicular, hold the file at each end keeping your hands level. Point your file slightly towards the handle end of the saw (about 20 degrees) depending upon what timber you are cutting; 20 degrees will do for a general purpose.

File with the pressure (slight) on the back of the tooth (the side of the tooth nearest the handle) which has the set bent away from you. Stop filing when the shiny point disappears. When you have sharpened one side of the saw turn it around and also turn the file in the other direction in order to point it towards the handle.

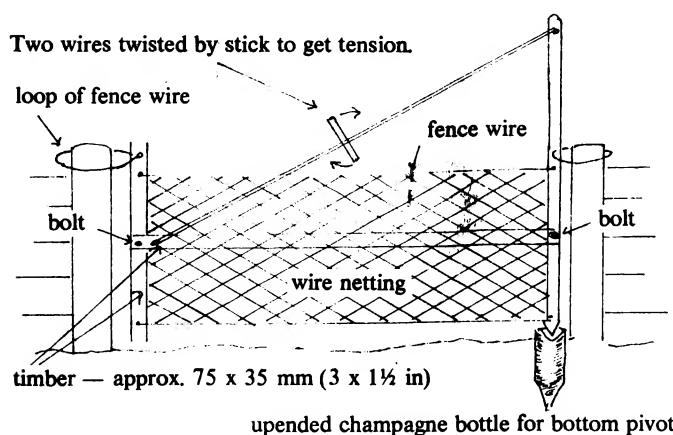
When completed be careful not to allow little children to use it. It is easy to cut a finger yourself if you are not careful.

I have noticed that my saws cut better after the first hour or so of use. I probably wear off those few high spots and it makes the teeth all in line. The next few times you sharpen the saw you may not need to go to all of the above trouble. Just sharpen it — stripping will probably not be necessary.

A CHEAP FARM GATE

by Laurie McVilly, Braidwood, NSW.

I saw this idea in a New Zealand farming magazine in a doctor's waiting room. We have been using several in 4.2 m (14 ft) gateways in lieu of 'proper' gates at a cost of about \$90 each, and have found them completely satisfactory. They can be easily adjusted to sloping ground.



tall upright should be timber approx. 75 x 50 mm (3 x 2 in)
and 2-2.5 m (6½-8 ft) tall depending on gate size

CORRECTION TO MIGRAINE ARTICLE, GR 51

by Iriss Quigley, Chillingham, NSW.

The word 'ascorbic' which appeared in the article in several places should have been 'abscisic'. Absciscic acid is the basis of my cancer treatment, which at the same time appeared to cure my migraine (I have just heard that abscisic acid is being used overseas to treat Parkinsons Disease).

I have found that taking the juice of one or two lemons, with no, or very little water, every hour when migraine first manifests — queasy feeling, slight headache, thick lethargy, or however it first manifests — will often prevent an attack coming. It must be taken early (not when the attack has started), and also nothing else must be eaten or drunk. Keep this up for several hours; if it's going to clear it will do so within 4-6 hours, maybe a bit longer. I have never had to go more than one day on the lemon juice treatment. I agree it won't stop all migraines.

Since vitamin C is so important in treating almost any disease, undoubtedly using plenty of it would be helpful, together with lemon treatment.

Abscisic acid was first brought to public notice by Dr Livingstone-Wheeler, a Californian medico researcher, for the treatment of cancer. It appears that the barrier set up by the growing cancer to prevent the body's healing cells from attacking the cancer, can be destroyed by the use of abscisic acid. I used it myself (in foods) for my own cancer attack (GR 25). Of course I also realised the tremendous effect that stress had in upsetting my metabolic system, therefore enabling a disease like cancer to make progress; I don't think any one thing produces cancer.

- Grapes, avocados, pears, oranges (pulp and pith), apples, strawberries.

- Tomatoes, onions, potatoes (steam at low heat), lima beans, sweet potatoes, dwarf peas, asparagus (raw, not cooked), pea shoots.

- All root vegetables, especially carrots — but must be mature, not half-grown.

- All mature greens (outside lettuce, cabbage leaves contain most abscisic acid), spinach (raw, not cooked).

- All seeds and nuts except peanuts. Almonds and brazil nuts good.

- Drinks — freshly made juices from any of the above fruits or vegetables; also tea made from red clover, strawberry leaves, apple blossoms.

Most foods are eaten uncooked. High heat destroys abscisic acid, so most quick cooking (microwave, pressure cooker etc) is not suitable.

Organically grown foods are best — I still grow my own fruit and vegies using no spray, no artificial fertilisers.

I understand that great progress has been made in producing abscisic acid and other immunising assisting substances for injection, but so far as I know, these are not yet available in Australia. Basically then, on the above foods I geared my anti-cancer diet, and as a side-effect, I eradicated migraine, which had plagued me for 70 or more years.

HINTS FOR FLAX SPINNERS AND LINEN WEAVERS

by Penelope Porter, England.

In GR 41 we presented an article on growing and spinning flax by John Meredith. It contained very basic information, detailing how to grow and care for linseed plants, when to harvest, and the steps involved in processing the fibre to the stage where it was ready for use.

Spinning flax is not impossible but it is a more complicated process than creating thread from wool or cotton. Fortunately John laid down precise instructions for both preparing the distaff and for spinning up the flax fibre. The article below builds on this, providing further insights about the process of dressing the distaff as well as details for preparing the spun yarn for weaving.

Flax Spinning

The traditional and probably the most satisfactory method of spinning flax is to dress a distaff as described by Elsie Davenport, Eileen Chadwick and Patricia Baines in their books listed at the end of this article. By this method the flax can be spun until almost none is left on the distaff.

Another method is to fold a small strick of flax about 15-20 g ($\frac{1}{2}$ - $\frac{3}{4}$ oz) lengthwise at the middle and holding this in the left hand near to the fold gently draw from the fold with the thumb and fingers of the right hand, rolling these a little at the same time to twist in any loose fibres. Do not try to straighten out the strick while working. Eventually a small ball of tow remains in the left hand which can later be spun into a rough slub yarn useful as a decorative weft. This is a more extravagant way of spinning flax, but is the method used around the turn of the century by the spinners of the English Lake District. I use both these methods. The former has stood the test of time and is picturesque and most satisfactory. The second method is less tiring to do for a long time. A wet sponge or water container should hang near from which to keep the fingers moist.

Flax requires a fairly tight spin, particularly if it is to be used single as a warp. Spinning wheels must be set to achieve this by adjusting the tension, the rate of spinning, and the rate of drawing on the bobbin.

If the yarn to be used for weft is spun the opposite way to that the warp eg. S for the warp and Z for weft, a better fabric is produced as the fibres of the upper threads cross at right angles the fibres of the lower threads, but cross parallel if both yarns are spun the same way (see fig. 1).

Preparing the Spun Yarn for Weaving

Weight the skein of yarn. Put three or four ties around not too tightly, using string, thick linen or thick white cotton. Weigh three quarters of the weight of the skein, in good pure soap flakes into a stainless steel pan, adding enough water to cover the skein; bring to the boil, put in the skein and simmer gently for 15 to 20 minutes. Lift the skeins out into a basin or the sink and when cool enough to handle squeeze out as much of the soap as possible. *Do not rinse.* Roll up in an old towel to squeeze out further and hang up to dry either out of doors or in a warm place. The linen is now ready for weaving and should



be quite satisfactory to use single for both warp and weft.

Weaving Hand Spun Linen

If a table loom is used it may have to be adjusted so that the eyes of the healds are below the horizontal between the back and front beams. The warp threads pass over the back beam, down half the distance of the open shed, through the eyes and up to the front beam so that when some shafts are lifted the tension on all the threads is the same (see fig. 2). Some looms do operate this way. The problem does not arise with foot looms.

The warp must be very carefully made and evenly tensioned. I prefer to thread through the reed for spacing when winding on to the back beam rather than using a raddle so that there is no build up of threads anywhere on the back

roller. The warp must be wound on with very accurate tensioning and plenty of smooth sticks used. The end thread at each side of the warp should be a floater, and I use a commercial linen thread the same thickness as the warp threads for this. These I hang down behind the loom and weight them so that the tension is the same as the rest of the warp, but there is no fear of them ever becoming slack. After tying the final knots at the front apron a dab of size (see illustration) helps to prevent them from slipping. The warp is now brushed very gently both in front of and behind the shafts with size using a soft paintbrush.

SIZE

I make the size from Polycell which is a powder used by paper hangers for making their paste. A very little of this mixed with water to the consistency of thin cream makes a satisfactory size. This is brushed on so that the threads are damp but not wet. It is important that the warp threads at the fell of the cloth are kept damp all the time so that the weft picks stay in place after beating. After brushing on the size, Rita Beales recommends brushing on a very little vegetable oil. The tip of a brush dipped in cooking oil and then pressed on very lightly does help, but be sparing with this. It is essential that the woven cloth is kept the exact width of the warp.

The weft yarn was boiled in soap with the warp and is used dry on the pirns. When winding the pirns the right hand guiding the thread on to the pirn must be kept moving all the time from side to side to prevent any build up of threads which would eventually slip. Weavers have their own theories about beating and this varies with the result required. I throw the shuttle, beat lightly to place the pick, change the shed and give another short sharp beat and no more. After each winding on of the work it is advisable to check the shed opening at the back of the loom as odd threads sometimes stick with the size.

FINISHING

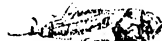
When the weaving is finished and cut off the loom it helps if two rows of machine stitching are worked on top of each other across both ends of the cloth to protect them during washing. The linen should be put into hot soapy water and left overnight, then rinsed several times in hot water until all the soap and oil are completely removed, and finally laundered normally for linen.

Stubborn Stains

To remove stubborn stains from porcelain, mix cream of tartar and hydrogen peroxide into a paste and apply it to the stains with an old toothbrush and a little muscle.

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fig. 1

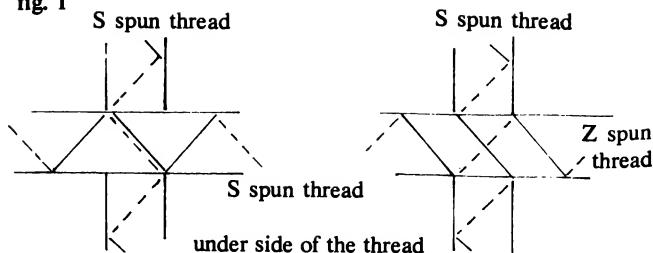
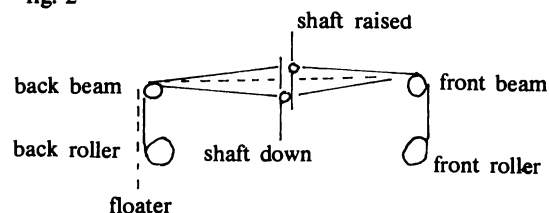


fig. 2



The ——— lines represent the fibres of the underneath thread. The - - - - lines represent the direction of the fibres on the underside of the thread.

Further reading

Your Handspinning — Elsie Davenport, Select Books, California USA.

Spinning Wheels, Spinners and Spinning, — Patricia Baines, Batsford.

The Craft of Handspinning, — Eileen Chadwick, Batsford.

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The Shearin' Shed

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Natural Goat Care

by Pat Coleby, Garfield, Victoria.

At this stage I am still paying the inevitable penalty of acclimatisation, and for the deficiencies of the ground. I have managed to obtain a small drum of sea minerals and am incorporating 250 ml in the daily feed of the herd (about forty goats all sizes). I've done this because sea minerals are high in magnesium (160,000 ppm) and I hope this may mean I can drop the dolomite dose to once a day. At present all seems to be well, but with the copper shortfall to make up as well, large amounts of dolomite in the feed can also have the effect of depressing copper. It is necessary to do this, because the calcium in the ground is very nearly adequate, whereas the magnesium is frighteningly low. Fortunately this seems to be, from what I can gather, a phenomenon confined to Gippsland, but it certainly makes animal husbandry interesting!

The milkers are holding reasonably well, but the quantities are not as high as they should be, which is only to be expected. A friend further down in Gippsland, who started his goats up a year before I moved down here rang me the other day, amazed at the difference in his goat's production this year, now that they have had twelve months in which to settle in.

One of my babies, due to kid late this month at the age of fourteen months, very nearly caught me off guard the other day. Because she is a younger goat, and not yet milking, she does not receive as much concentrates, and therefore as much dolomite as the milkers. She had been making quite a nice udder, which I felt every day, until last Wednesday, when we were moving horses around, and it turned into one of those really hectic days. Next morning when I went to call the goats in for breakfast before being milked she just stood and looked at me and seemed to be finding walking painful. One side of her udder was hard and hot, and had swollen up in 24 hours. I immediately gave her a large teaspoon of dolomite and the same of vitamin C powder, accompanied by 10 cc vitamin C by injection, repeated the oral dolomite and vitamin C after milking, and milked out what I could from the very sore affected quarter. Not a happy performance (a vet once told me mastitis was not painful — it hurts like hell, I've had it!) and she obviously won't be viewing the milking bail with too much enthusiasm when the time comes. By the evening, she was slightly less tight, so I again milked out what I could, and repeated the morning oral dose. I did the same next morning, by which time she was so much better that I knew I had won, and by the evening the quarter was nice and soft, and producing perfectly normal milk. I continued with the dose for three more mornings, but it is an indication of the state that this farm is still in.

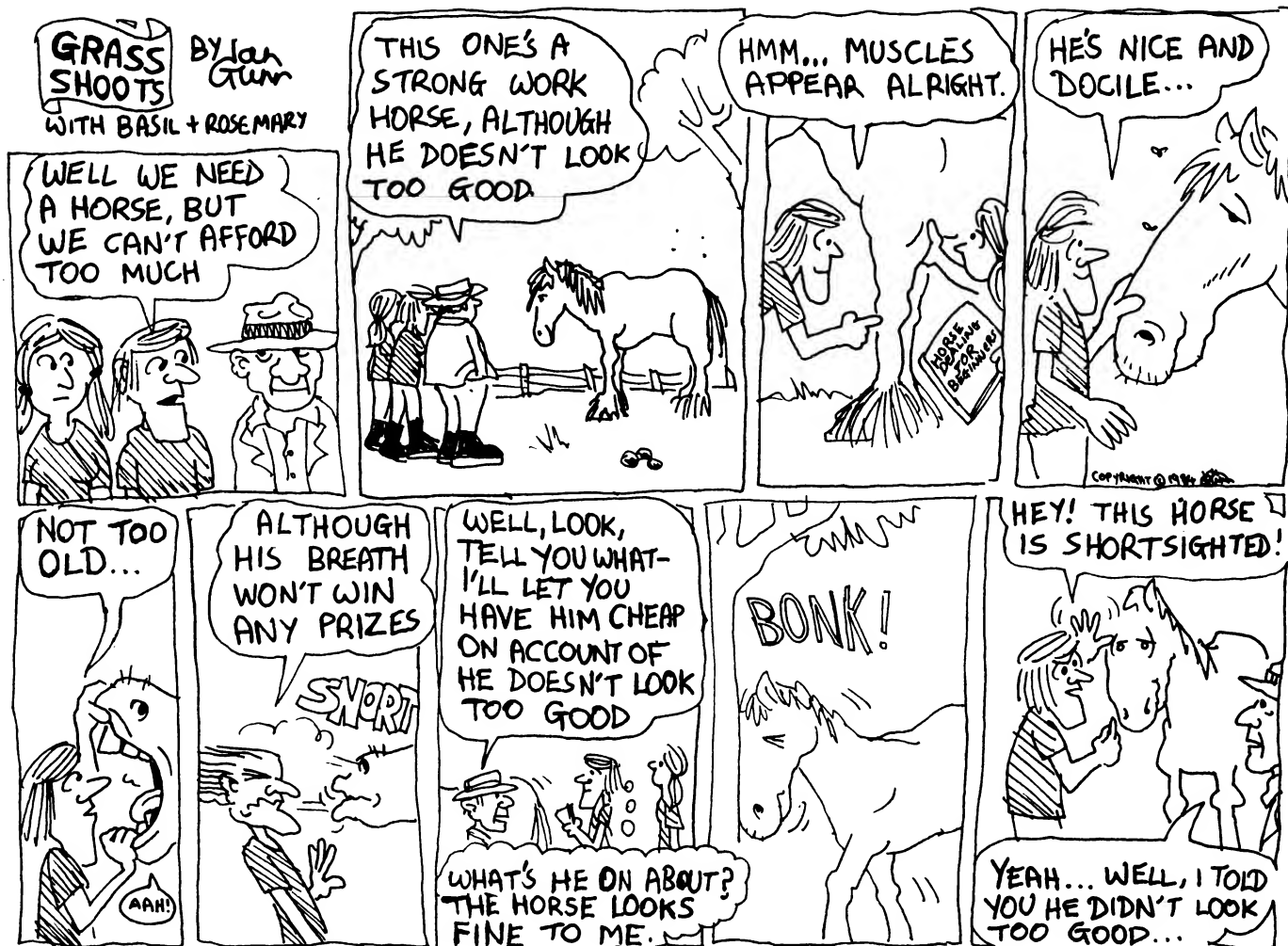
I tried an experiment that I have been told works, but have never done myself before. About August I took on five does from a friend whose work commitments had not allowed him any time to mate them, or indeed do much for them. So unfortunately it will be next August before they are milking. It took me a couple of months to get them looking like healthy goats again. All bar one are BAs or crosses, and one very large white doe is by a buck I had a few years ago. I noticed that she seemed to be making a little milk, so milked her out. It

was a funny looking and tasting sample, but only because she had not been milked for a long time. So I started to milk her night and morning. At first it was a remarkably unproductive exercise. 0.1 of a litre, then became 0.2, and the rise since has been quite steady until now she's giving about three quarters of a litre daily — certainly better than nothing, and some return for her food. She also seems a much happier goat, and comes rushing into the bail in the morning and evening as though she was milking a gallon! It will be interesting to see if her production rises further; she is about six years old, and was a very heavy milker in her previous three lactations.

After five months' hard work with a builders' barrow and shovel, I have finished putting concrete floors into the new big goat shed, so cleaning out has become a reasonable job, instead of a nightmare. (I don't recommend trying to rake goat manure off mud!) Strangely enough I have noticed that goats will always lie on a hard surface in preference to a soft one, maybe because it is always dry; but even in summer given the choice of the two, hard earth or concrete, they seem to choose the latter. I suppose in their natural state a nice smooth rock would be their resting place by choice. When I can get them I put wood shavings down in the goat house. They smell lovely, and what I clean out makes a marvelous mulch for the garden, or top dressing for the farm. The only time when they are not ideal is at kidding time, when the new arrivals tend to look as though they are shaving babies, as it sticks to them! So I keep some clean straw for the kidding pens.

There are only about four or five (difficult to tell if they are pregnant) does due to kid now (December). So far the kids have been exceptionally strong and healthy — I must be doing something right. I had a couple of breech buck kids born last month under unusual circumstances. When I first attended the doe, with the water bag just showing, the first kid's head was in the cervix, but I couldn't see the front legs. A few minutes later nothing had happened so I investigated, by which time there was no head but three back legs! Having duly found a pair, I helped the first kid out, and the second one followed quite easily. But I have never known a kid turn itself completely round at that stage before. They were both nine-pound kids, which is a good size, even for a single.

For the first time in many years some of the goats have that unpleasant diseased-doormat appearance as they start to shed their last year's coats. Some of them are still black all through, but they should all be like that. The rusty appearance is due to the fact that early on in the year I did not realise just how bad the copper shortfall on the farm was, as I did not have a mineral analysis done until I'd been here a few months. With black goats, once they have gone through a period of deficiency, nothing will prevent that dreadful looking coat at the end of the year. It is most depressing to look at and I hope I never see it again! Of course the extra copper they received once I realised how bad a shortfall I had, precluded them from getting footrot or anaemia to any great degree, but it was too late to avert the bad coats. Visiting some friends' horses the



other night, I saw one of the yearlings with copper deficiency spectacles, the first time I have ever seen it in a horse (cattle, goats and dogs yes, but never horses). This country certainly has its problems, but on the other hand the lack of bad droughts compared with up north also has its compensations.

Making Pyrethrin at Home

Gather *Chrysanthemum cinerarifolium* flower heads when two or three outer rows of petals have opened in the central yellow discs. To avoid unwanted green colouring, pluck only blossoms, not stems. Dry the flower heads either in the sun or in an oven on the lowest temperature; then grind them into powder using a coffee mill, blender or mortar and pestle. Place 10 g of powder in a light-proof bottle and add 105 g of denatured alcohol. Shake the mixture occasionally, and let it stand for 24 hours at room temperature. Pour the finished mixture through coffee-maker filters and use it as is, spraying it through an atomiser or small spray bottle. This is about a 0.1 per cent solution, but since the alcohol evaporates almost immediately after it leaves the bottle, the effect is of a much stronger concentration.

Reprinted from *Organic Gardening*, May 1985.



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THE EARLY YEARS

Grass Roots, craft and self-sufficiency magazine, was first published in 1973. Since that time, readers from all over the country have been sharing their enthusiasm for a more independent lifestyle and passing on the skills and know-how needed to achieve it.

This book is a reprint, by popular demand, of the first five issues of *Grass Roots* which have been out of print for some time. In its pages will be found an amazingly thorough collection of hard-to-find information from making sleeping bags, insect sprays or dandelion wine to training a horse to pull a jinker, knitting straight from the fleece or raising an orphan lamb. As well, because the information is from the very first issues of *Grass Roots*, the book contains very basic recipes and instructions for making bread, butter, cheese, yoghurt and even sandals, flutes, and wattle and daub buildings.

Although *The Early Years* is an extremely useful reference, it is more. The warm, companionable feelings of those folk trying, failing, trying again and finally succeeding, shine through its pages providing the stimulation needed to make your own personal choice of lifestyle a success.

Price \$14.50 includes post and packing.

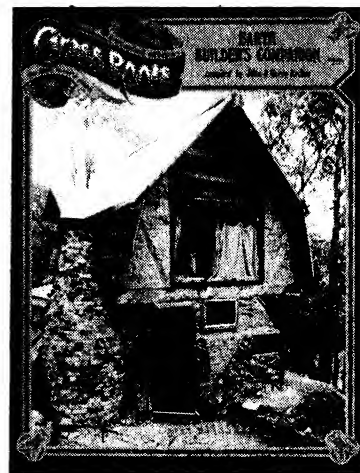
THE EARTH BUILDER'S COMPANION by John and Gerry Archer

The Earth Builder's Companion is a manual on how to design and build your own earth house. Folks have been building these dwellings for centuries and many are still standing long after their builders have passed on. Earth is cheap and plentiful; so is your own labour; inside this book is the information you need to put a roof over your head without council hassles or a 25-year mortgage. *The Earth Builder's Companion* is full of illustrations of early and modern earth houses and contains practical advice on:

- a modular house – how to build in stages
- design – principles and application
- low energy housing – orientation and eaves design
- council and building regulations – how to approach them and where to go for help
- site preparation – levelling and layout
- foundations – all about concrete slabs as well as other low-cost methods
- making mud bricks – soils, sizes, methods and testing
- erecting the walls – laying bricks, different technique
- rammed earth – complete details on this method with examples of forms and modern ramming equipment
- roofs (including sod), floors, adobe fireplaces and mud cooking stoves
- coatings for earth walls

Even if you are not going to build a barn, shed or mudbrick toilet yourself, here is what others are doing for perhaps half the price.

Price \$7.50 includes post and packing.



Grass Roots Binders: these are made from tough, dark brown vinyl with a white logo. They hold 8-10 magazines as well as *The Early Years* and any of the *Companions* or *Bumper Book*. An ideal way to keep your library together and prevent the neighbours pinching your back copies. Price \$7.50, includes post and packing.

Grass Roots Back Copies — A useful reference. All one price — \$3.25 each posted.

6, 7, 8, 9. Out of print

<p>No. 10 Horse care, dome building, summer drinks, potpourri sachets, drying fruits, basket making, embroidery, corn letter from Renate and more.</p>	<p>No. 11 Geese, owner-builders, producer gas, hand-woven shirt, breakfast, the house cow, natural cold remedies, Cotter, low energy housing, splicing.</p>	<p>No. 12 Tipis, keeping pigs, nuts and seeds, raw fleece rugs, ducks, boomerangs, pumps, nettles, tapers, home brewing, hair care, gardening and more.</p>
<p>No. 13 Permaculture, soap making, earthworms, herbal teas, Bredbo, queen rearing, owner-builders, education and kids, index 1-12, Renate, Jack.</p>	<p>No. 14 Recycle a windmill, soap making, permaculture, bees, applique, herbal teas, button making, tipis, fowls, musical instruments for kids.</p>	<p>No. 15 Stained glass, wattle and daub, dandelion coffee, goats, spinning, Murray crays, beer, soap recipes, feeding native birds, self-sufficiency city style.</p>
<p>No. 16 Pigs, goats, potpourri, health, soap making interview, deer farming, bonsai, rag rugs, mud-bricks, new vegies, rotary hoes, beer.</p>	<p>No. 17 Pheasant farming, batik, herb farms, Muscovy ducks, cheese making, deer, urban forestry, cord outions, horse and cart.</p> <p>TEMPORARILY UNAVAILABLE</p>	<p>No. 18 Mud ovens, solar energy, no-dig gardening, raspberry farming, hay sheds, acupressure, weaving, poultry, tractors, stone masonry, living off craft.</p>
<p>No. 19 Train a bullock, fireplaces, log cabins, pesticides, natural poultry keeping, natural health, goats, inkle weaving, selecting wool for spinning, cheese making.</p>	<p>No. 20 Training goats to harness, unusual salads, stone house, make a lampshade, sourdough bread, eucalyptus candles, combating depression naturally, organic gardening, simple surveying.</p>	<p>No. 21 Balcony gardening, working donkeys and mules, knitting with handspun, bookbinding, fabric craft, cementing a water tank, minerals for health, amateur farming.</p>
<p>No. 22 Community gardens, renovating a wooden house, tip ratting, natural health success story, make a donkey pack saddle, yeastless bread, organising a community market, index 13-21.</p>	<p>No. 23 Shoemaking – a small business, urban gardening, solar hot water, mudbricks, alternatives to milk, lease a farm, fruit from seed, start a country market, bantams.</p>	<p>No. 24 Small scale hydro electricity, butter making, life on an island, poultry shed, canvas blinds, community building, saddlebags, turkeys, using and storing wheat, natural skin care, vegan recipes.</p>
<p>No. 25 Alternative schooling, make a kaftan, home-made spaghetti, select a water pump, birth of a donkey, herb repellents, travel Australia, megavitamin therapy, make a root basket, eucalyptus oil, make a sheepskin jacket, recipes from Renate.</p>	<p>No. 26 Guide to Queensland, poisonous plants, choose a horse, chappatis, furniture refinishing, using weeds, woolcrafts, donkey harness, weaving rugs, introduction to worm farming, a vertical axis windmill, small-farm stories.</p>	<p>No. 27 Button making, windmills, ducks, build a pottery kiln, pigeons, saddlery, plucking geese, craft markets, cabbage pest, spinning without a wheel, motorised gypsies.</p>
<p>No. 28 Make a tent, surviving venomous bites, macrame bouncer swing, bushfire safety, ducks, horses, simple butter churn, home grain milling, home-made wind generator, portable chicken coop, yurts, make a bridle and more – super deluxe 106-page edition!!</p>	<p>No. 29 Growing peanuts, vegetarianism, screen printing, making jam with honey, healthy felines, surviving naturally in the tropics, geese, new fruits, soy products, dripper irrigation, steam distillation, budding and grafting, felt making, 12-volt electric fences, energy self-sufficiency.</p>	<p>No. 30 Educating children, using a sickle, pigs, sheepskin boots, Guinea fowl, homeopathy, jojoba, mudbrick sauna, grafting fruit trees, wind power, make a halter, soymilk products, hot water systems, curing and smoking meat and fish, index 22-29.</p>
<p>No. 31 Mules, hooked rugs, simple weaving, building a smokehouse, electric fencing, plait a belt, beadwork, growing garlic, chiropractic, the Welsh love spoon, a manually operated washing machine, growing mushrooms, farm holidays, tofu.</p>	<p>No. 32 Gipsy touring, rabbit keeping, plastic water tanks, how to run a kero fridge, choosing a house cow, laying a stone floor, handspun knitting, floor polish recipes, termites for chicken feed, beach combing, patchwork.</p>	<p>No. 33 Life in Papua New Guinea, an alternative lifestyle in NZ, a poultry coop, recycling, home brewing, organic farming, kefir, backstrap weaving, make a possum trap, Cashmere goats, horse gear, cooking grains, fruit growing, alternative schools.</p>
<p>No. 34 Buying a caravan, starting a craft shop, pendulum power, simple weaving, herbs in the kitchen, the year of the cow, herbal cosmetics, trees for fire protection, hayband weaving, gourds, conserving water, tethering animals.</p>	<p>No. 35 Hydro-electric power, responsible homebirth, gourds, trees for soil conservation, water tanks, rush seating, donkeys, stretching muscles for heavy work, dyeing with fungi, child's tipi, playgrounds, reviving home orchards.</p>	<p>No. 36 Happiness and hardship – recollections of times past, make a doona, building for ladies, peacocks, donkey training, simple construction techniques, strawberry growing, recycling bottles, more on peanut growing, herbs for common ailments.</p>



GRASS ROOTS BOOK NEWS

Reading for Independent Living

The Book News is much larger than it has been for some time. You'll find a wide selection of books ranging from the small but very significant Candida Albicans book to some fantastic books on patchwork, forest farming, pyramid power, farming for women and as usual much more.

When you order books Anne has in the past received those orders and sent the specified books if in stock or written you a letter to inform you when they will be available. Over the year Anne has established a rapport with regulars and her enthusiastic and efficient manner has meant people who order books have always had a prompt and friendly service. The book ordering system isn't computerised so the hundreds of orders that come in are processed manually by Anne. It can be a tiresome and stressful job particularly when there's a box full of orders and the mail's being cleared at mid-day.

I know Meg will mention Anne leaving in Gumnut Gossip but I feel a need to acknowledge the work she's done with the Book News. I'm sure regular book buyers will miss her cheery letters now that she's moved further north with her family. I know I'll miss not only the work she does but also the brightness and entertainment she provided on the days she worked. On behalf of The Book News I'd like to wish Anne well in her new life and thank her for the work she's done.

Hope you enjoy this issue of Book News.

*Best wishes
Lynne.*

COOKING



NUTS — Sonia Allison. Hardcover, 93 pp, UK. RRP \$9.95.

Over 300 recipes are contained in this book and all use nuts as the essential ingredient. There are some fantastic vegetarian dishes such as marinated mushrooms with brazils, cheese and nut puffs, and nutty burgers, and for the sweet tooths, pecan pie, hazelnut shortbread and walnut and apricot gâteau.

COOKING FOR YOUR LIFE — M. Pentecost. Soft cover, 88 pp, Aust. RRP \$5.95.

In an attempt to combat the growing incidence of heart disease and other health problems, the author of this book has based all her recipes on ingredients which do *not* include fats, cholesterol, sugars or preservatives. An easy-to-use book with plenty of tasty recipes.

TASTE OF LIFE — Julie Stafford. Soft cover, 128 pp, Aust. RRP \$10.95.

Taste of Life is an imaginative cookbook of exciting and very healthy recipes. Its popularity is not surprising. The recipes are delicious and they provide tasty and nutritious alternatives to sugars and simple carbohydrates. The author has followed the principles of the Pritikin diet — recipes are high in fibre and low in fat.

FAST FOOD — REAL FOOD — Miriam Polunin. Soft cover, 128 pp, UK. RRP \$12.99.

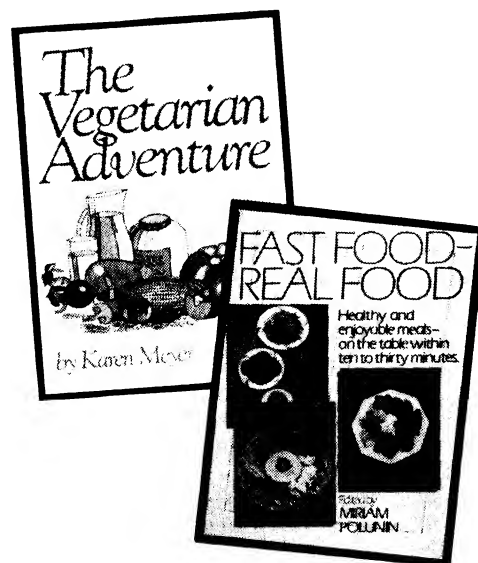
With the growth of chicken'n'chip and hamburger fast-food chains most people now tend to equate fast food with junk food. However, in this book the author explains how healthy and enjoyable meals can be prepared and on the table within ten to thirty minutes. An ideal book for busy health-minded people.

IT'S ONLY NATURAL — Suzanne Porter. Soft cover, 112 pp, Aust. RRP \$8.95.

It's Only Natural is a cookbook based on the Pritikin programme of eating. To combat her arthritis, the author learnt to cook without fat and oil, 'dry roast' vegetables, cook without sugar, do without coffee and tea, discard egg yolks, eat unprocessed bran, buy more vegetables, use less meat and cook with whole grain flour. This cookbook contains numerous tasty recipes that reflect this healthier eating style.

MORE TASTE OF LIFE — Julie Stafford. Soft cover, 159 pp, Aust. RRP \$10.95.

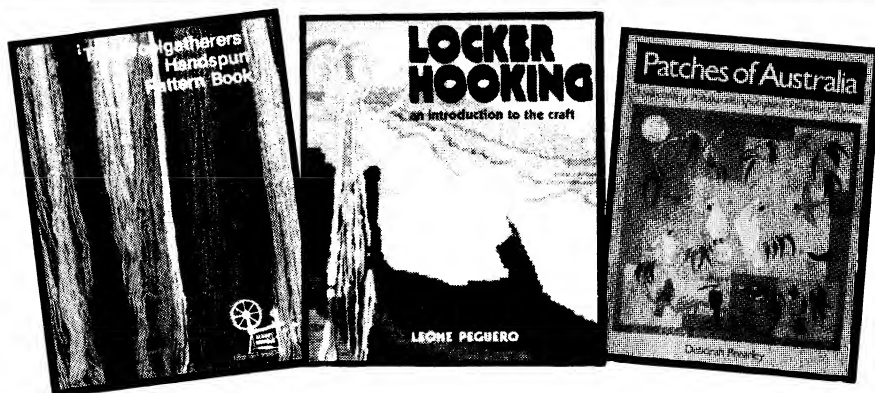
Following the great success of *Taste of Life* this book introduces more wonderful food ideas. It is attractively presented and contains some delicious, innovative and nutritious recipes ranging from carob hedgehog slice and apricot muffins to spinach pancakes with lobster filling and vegetable terrine. Although there are a few meat dishes included, generally vegetarians will enjoy most recipes.



THE VEGETARIAN ADVENTURE — Karen Meyer. Soft cover, 144 pp, Aust. RRP \$9.50.

This book is a comprehensive guide to good eating with natural and balanced vegetarian foods. Vegetarian lasagne, nutloaf, tomato sauce, the incredible cake and stuffed vegetables are just some of the attractive and innovative recipes.





CRAFT

LOCKER HOOKING — L. Paguera. Soft cover, 47 pp, Aust. RRP \$9.95.

The locker hooking technique uses a special locker needle hook to draw fibre through the squares of rug canvas. The beauty of this technique is that you can work directly from the fleece rather than spin the wool first. The author describes the craft very clearly and explains the exciting and rewarding projects that can be made using this technique.

THE WOOLGATHERER'S HANDSPUN PATTERN BOOK — Albury/Wodonga Handweavers and Spinners Guild. Soft cover, 94 pp, Aust. RRP \$6.70.

With winter coming on many of you will be getting those spinning wheels and knitting needles into action. This book will help the craft enthusiast with its illustrated patterns for making clothes, rugs, bags, toys and more. The information on caring for your wool and spinning wheel as well as a recipe for a washing mixture make it a useful reference.

EMBROIDERY AND NATURE — Jan Messent. Soft cover, 168 pp, UK. RRP \$14.99.

The forms and textures of nature are ideal sources of inspiration for the embroiderer. In this book the author explains how designs can be discovered in nature and translated into embroidery. The 300 illustrations together with information on composition, colour, pattern and texture, will serve to inspire as well as instruct. This book will encourage embroiderers to experiment with their own designs.

THE MAKE-YOUR-OWN COSMETIC AND FRAGRANCE BOOK — Elizabeth Francke. Soft cover, 179 pp, Aust. RRP \$14.95.

This book provides a healthy alternative to commercial cosmetics and reintroduces us to the pleasures of lotions, creams, soaps, shampoos, and fragrances made from natural and readily available ingredients. The thousands of recipes contained in this book are easy to follow, are relevant to our conditions and presented in an inspiring and enthusiastic way. The author never loses sight of the fact that real beauty and health come from within and we do have control over the way we look.

SANDALS — MAKE YOUR OWN — Gavin Keats and Daphne Robson. Soft cover, 56 pp, NZ. RRP \$7.95.

In the warmer months sandals are the best item of footwear that I can imagine. They are functional, comfortable and very creative. To make your own leather sandals isn't difficult. It requires a certain amount of precision and patience — but then doesn't everything! The authors of this book have outlined step-by-step instructions on how to make your own sandals. The illustrations are clear and are an essential aid to the written explanations of this handy craft. The authors also suggest ways of repairing sandals, how to sharpen tools, where to sell them, and list which tools are required.

SMART TOYS — K. Burt & K. Kalkstein. Soft cover, 166 pp, USA. RRP \$19.50.

In the early stages of a child's development, toys provide an ideal opportunity to offer stimulation, and a variety of experiences from which the child can learn. In this book the authors suggest suitable toys for babies aged from birth to two. Each toy includes clear instructions on how to make it with reasons why the toy is included. Designs for toys are based on recent findings of educational research. An excellent book for new parents and child-care workers.

CREATING GIFTS FROM THE AUSTRALIAN BUSH — Ann Neate. Soft cover, 50 pp, Aust. RRP \$4.95.

Some wonderful gift ideas, all of which can be made from natural resources, are contained in this colourful book. Jewellery, hair combs, photograph frames and other delightful crafts all incorporate materials that are readily obtainable, and they are items that are easy to make. This little book would be a lovely gift in itself.

THE PRE-SCHOOL CRAFT BOOK — T. Martin. Soft cover, 64 pp, Aust. RRP \$4.95.

The 83 different craft projects outlined in this book are ideal for young children. They are easy to make so the child won't become bored but will derive much pleasure from seeing the finished product. Nearly all the materials used in these projects can be found somewhere in the house — egg cartons, scrap paper, noodles and string.

NEXT TO NOTHING AUSSIE ANIMALS — Soft cover, 72 pp, Aust. RRP \$6.95.

This book presents lots of new ideas for simple inexpensive handicrafts, most of which can be made easily and safely by children of all ages — and are great fun for adults too. There are simple patterns and instructions to make nine different Australian animals and birds with 44 different costumes for each. The instructions and illustrations are clear and easy to follow.



PATCHES OF AUSTRALIA — Deborah Brearley. Hardcover, 224 pp, Aust. RRP \$26.95.

Patches of Australia is a fantastic book that integrates traditional patchwork methods with innovative and creative designs. Although this is an expensive book it provides value for money. There are some wonderful typically Australian designs and ideas to help you make your own designs from what you see around you. This book helps you get started, discusses the various construction techniques, finishing techniques and details numerous patchwork, applique and quilting patterns. An inspiring and informative book.

NEXT TO NOTHING HANDCRAFT — Jan Godwin & Avicé Butcher. Soft cover, 80 pp, Aust. RRP \$6.95.

This book contains a host of exciting ideas for those involved in making simple handicrafts. Most of the 138 novelties and gifts can be made quickly by children. So *Next to Nothing Handcrafts* will be of special interest to teachers, leaders of youth groups and of course parents of young children. As the title suggests, the projects outlined are inexpensive and are made from readily available materials. The book is divided into sections according to the materials used: felt, fur, fabric and wood. Ideas range from hair ornaments to paper weights, and from kitchen memo boards to garlic bags.

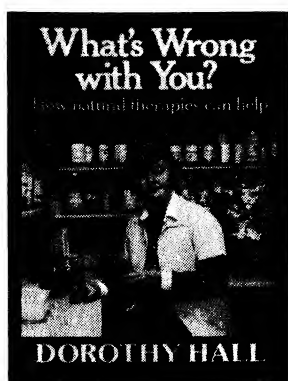




HEALTH

SOFT EXERCISE — Arthur Balaskas and John Stirk. Soft Cover, 152 pp, UK. RRP \$14.95.

This is a very comprehensive book on stretching for people of all ages, at all levels of fitness, from the athlete to the recovering heart patient or aging arthritic. Stretching keeps the muscles supple and helps develop your total well being. At this time of year stretching is more enjoyable and a great warm up for all the summer activity.



WHAT'S WRONG WITH YOU? — Dorothy Hall. Soft cover, 200 pp, Aust. RRP \$14.95.

In this book Dorothy Hall explains in an easy-to-follow manner what the basic principles of wholistic medicine are. Different parts of the body and their functions are discussed in detail, together with information on what can go wrong and how natural therapies will prevent or alleviate a wide range of common illnesses. *What's Wrong With You?* is an invaluable book to help you take more responsibility for your own health.

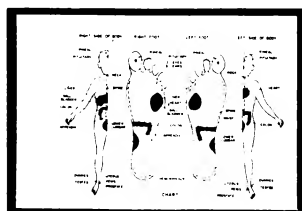
DO-IT-YOURSELF ALLERGY ANALYSIS HANDBOOK — Ludeman & Henderson. Soft cover, 154 pp, USA. RRP \$8.95.

This handbook presents the facts about allergies — how they work and what causes them, how you can determine if you have allergies and discover the substances that bring them on. The authors have compiled a comprehensive program of self-analysis which will improve your health once you understand and overcome your allergies.



PERIOD — Loulan, Lopez & Quackenbush. Soft cover, 90 pp, Aust. RRP \$6.95.

This book is written for girls and women explaining what menstruating is all about in a friendly, informative manner. It contains statements, thoughts and feelings from many different girls who know what it's like to start menstruating in a maths class, or who didn't understand the diagrams in the tampon packet. This book is informative, non-threatening and reassuring in what can be a confusing and difficult time.



HELPING YOURSELF WITH FOOT REFLEXOLOGY — Mildred Carter. Soft cover, 190 pp, USA. RRP \$7.95.

Helping Yourself with Foot Reflexology explains how to massage your feet for relaxation and health. Foot reflexology help to bring relief from pain and disease in various parts of your body and will add to more abundant physical and mental energy. A great book that clearly illustrates the technique of foot reflexology.

CANDIDA ALBICANS — Leon Chaitow. Soft cover, 96 pp, UK. RRP \$5.99.

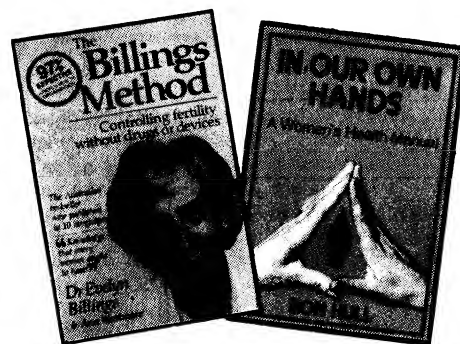
Candida Albicans is a yeast which exists inside all of us and normally presents no problems, but today's use of antibiotics, the pill, and a sugar-rich diet, can cause its spread. The problems it can create include anxiety, depression, bloatedness, tiredness, migraine, menstrual problems etc. This book shows how to detect whether yeast is a problem and provides a non-drug program for its control.

WHAT CAN I EAT? — Anne Clark. Soft cover, 217 pp, Aust. RRP \$9.95.

What can I eat? This question is often asked by people whose allergies or hypoglycaemia restrict their diets. Contained in this book are meals free from cow's milk, yeast, sugar, salt, artificial colourings and flavourings and preservatives. There are alternatives to wheat flour and cornflour, and substitutes for dairy products, sugar, eggs and chocolate.

SWISS NATURE DOCTOR — A. Vogel. Soft cover, 512 pp, Switzerland. RRP \$6.95.

Dr Vogel, a well known naturopath, has been making herbal remedies and using natural foods for over 40 years. This book is a collection of his well tested remedies. The contents include suggested treatment for everything from sunburn, colds heartburn, constipation, boils and care of kidneys to advice on nutrition and exercise, the efficacy of various vitamins, and treatment of varicose veins. This handy book also has a selection of homeopathic remedies and answers numerous nutritional questions about the effect of sprays, fasting, and the care of teeth, skin and hair.



IN OUR OWN HANDS — Bon Hull. Soft cover, 244 pp, Aust. RRP \$8.95.

In Our Own Hands is a women's health manual. It details information that will help women take care of their own bodies and those of their children. Should illness occur, the author provides sound information so you can decide whether to go to the doctor and if you do, what the doctor will need to know to give you the best chance of recovery. This book contains up-to-date medical discoveries as well as traditional knowledge about diet, herbs and vitamins.



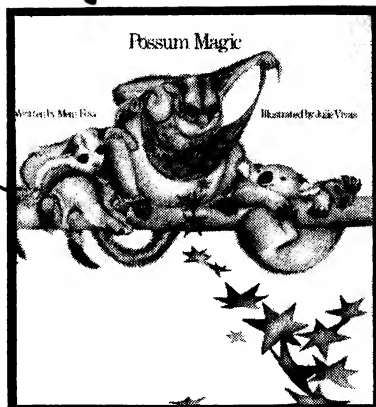
THE BILLINGS METHOD — Dr Evelyn Billings & Ann Westmore. Soft cover, 268 pp, Aust. RRP \$8.95.

The Billings Method is a remarkable breakthrough in the field of fertility control — a reliable, safe, sane method that is as effective as the pill, but has no harmful side effects. If you are considering contraception options then this method is certainly one to think about.





KIDS



POSSUM MAGIC — Mem Fox. Hardcover, 32 pp, Aust. RRP \$11.95.

This very popular book has been reprinted numerous times. Its popularity doesn't surprise me at all. *Possum Magic* is a beautiful children's book that combines superb colour illustrations with a delightful story. Hush the little possum turns invisible with magic. To become visible again Hush eats Anzac biscuits in Adelaide, mornay and minties in Melbourne, pavlova in Perth...

AUSTRALIA'S AMAZING BIRDS & ANIMALS — D. Harris. Hardcover, 26 pp, Aust. RRP \$4.50.

This book is an introduction to Australia's largely unique birds and animals. They have been grouped as they frequently appear in nature. This book aims to develop a conservationist attitude in young readers and help them appreciate what nature has to offer.

LIFETIMES — B. Mellonie & R. Ingpen. Hardcover, 40 pp, Aust. RRP \$9.95.

Death is a part of life yet it can be difficult for adults to explain to children what it means and how it fits into the overall pattern of being. *Lifetimes* is a sensitive explanation of dying and helps children understand that dying is as much part of living as being born.



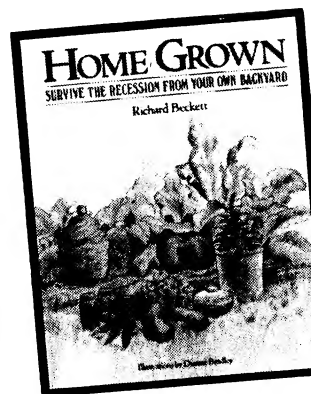
THE SUGAR AND SNAILS GUIDE TO NON-SEXIST BOOKS FOR CHILDREN — Irene McGinnigle. Soft cover, 61 pp, Aust. RRP \$4.95.

Although authors and publishers are becoming more aware of the need to produce non-sexist books for kids, there are still many sexist books found on the bookshelves of shops and libraries. The change that has occurred over the years is that the books are not as blatantly sexist, but the task of buying an ideologically sound book is still difficult. This hand book is an excellent guide to help adults choose the right book. Anyone who buys children books will find this guide a must.

BUILDING BRIDGES — Peace Studies Working Group of Women Against Violence. Soft Cover, 68 pp, Aust. RRP \$7.95.

Building Bridges is a significant book for humanity. It addresses the task of maintaining peace and integrity in human society at its most fundamental level — the education of children. To develop the love, sharing and tolerance that's needed in our world, the authors have devised many games and activities children can play and do. It is important reading for all teachers and parents.

GARDENING



COMPANION PLANTING IN AUSTRALIA — Brenda Little. Hardcover, 94 pp, Aust. RRP \$9.95.

This is a lovely book that is filled with practical information on what grows best next to what. The author feels that one of the nicest things about companion planting is the way it puts fun back into gardening. It can be fun deciding where to grow different plants and it's most rewarding to see the corn flourish when grown next to pumpkins, or lettuce with carrots, or onions with...

HOME GROWN — Richard Beckett. Soft cover, 136 pp, Aust. RRP \$11.95.

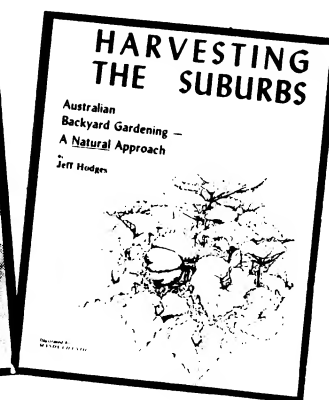
Home Grown is a versatile book full of practical and sensible suggestions for all types of gardeners, from those with a standard block, to terraced inner-city gardens, to wide open spaces in the country. Climate, soils, pests, diseases, storage, preserving and drying foods and ideas on what to grow for a medicinal garden are discussed in detail. This refreshing and informative book is a delight to read.

GUIDE TO ORGANIC GARDENING — Michael Roads. Soft cover, 87 pp, Aust. RRP \$4.95.

Guide to Organic Gardening explains how to grow vegetables, fruit, trees, shrubs, flowers and lawn, without chemical fertilisers or sprays. Chapters include improving the soil, mulch, natural fertilisers, companion plants, pest control, home-made sprays and handy hints.

HARVESTING THE SUBURBS — Jeff Hodges. Soft cover, 110 pp, Aust. RRP \$11.95.

Harvesting the Suburbs is a practical book that outlines a simple and natural approach to back-yard gardening. The author discusses and clearly illustrates techniques that enable the gardener to do without chemical pesticides and artificial fertilisers and to develop a natural ecosystem. This inspiring and instructive book will excite all who are in touch with nature.



HERBS



THE HERB & SPICE BOOK — Sarah Garland. Soft cover, 288 pp, Aust. RRP \$19.95.

This comprehensive book is divided into six parts: a modern herbal; the herb garden; cooking with herbs and spices; household herbs and spices; cosmetic herbs and herbs for health. Illustrated with colour photographs and drawings throughout, the authors have managed to combine an attractive appearance with informative text.





AUSTRALIAN MEDICINAL PLANTS — E.V. Lassak & T. McCarthy. Hardcover, 240 pp, Aust. RRP \$32.50.

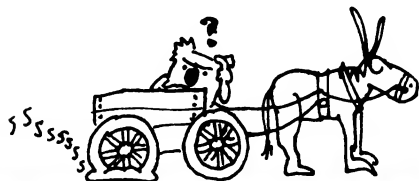
This book contains a clear description of plants and their various medicinal properties used both by the Aborigines and early settlers. The medicinal properties of these plants include narcotics and painkillers, antiseptics and bactericides to treat headaches, colds, fevers, skin disorders and to aid digestion and elimination. Also contained is a valuable table of plant uses and numerous colour photographs which facilitate quick reference and identification of plants for a particular purpose. *Australian Medicinal Plants* will be appreciated by anyone interested in natural healing and alternatives to conventional medicine.

FARMING



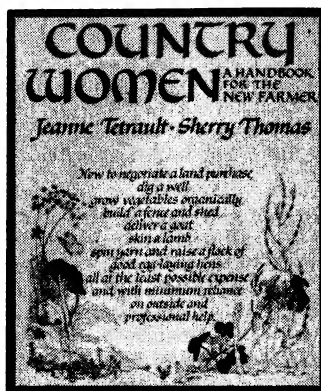
FOREST FARMING — J. Sholto Douglas & Robert Hart. Soft cover, 207 pp, UK. RRP \$18.95.

Trees constitute one of our most important assets and play a vital role in the maintenance of our environment. In this book the authors discuss the importance of forests and tree crops in farming, and offer detailed advice and information on various economic species, the use of their products for food and raw materials, planting techniques and suggestions and guidance for the layout and operation of forest farming. Anyone interested in land-use will find this book invaluable.



FARMING IN A SMALL WAY — George Yabsley. Soft cover, 236 pp, Aust. RRP \$10.00.

Running a small farm entails a lot of work. There are animals to feed, fences to mend, crops to sow, and of course regulations to abide by and books to keep. *Farming in a Small Way* discusses these and a host of other relevant topics. The reading in this book serves as a good introduction for people wanting to know what is involved and what options exist on a small farm. Those people wanting to find out more information on the various subjects covered will be pleased to find that a list of suitable books follows each section.



COUNTRY WOMEN — Jeanne Tetrault & Sherry Thomas. Soft cover, 381 pp, USA. RRP \$29.95.

Country Women is a practical handbook for the new farmer. Written by women, specifically for women, this book discusses all aspects of farming from choosing the land, using chain saws and farm tools, to companion planting, preserving foods, taking care of animals and poultry and even butchering. While *Country Women* is packed with practical information, the warming feature is the poems and short stories found throughout.

ANIMALS



A GUIDE TO KEEPING BEES IN AUSTRALIA — N. Redpath. Hard cover, 142 pp, Aust. RRP \$15.95.

Written especially for Australian conditions, this standard reference contains clear, practical information on all aspects of beekeeping: selecting a species; obtaining your bees; building hives and selecting appropriate honey trees. The comprehensive glossary and clear photos make it easy reading for beginners.



TALK WITH THE ANIMALS — Ann Walker. Soft cover, 198 pp, Aust. RRP \$6.95.

If you are an animal lover then you will love this book. In it, the author explains how you can understand and communicate with your animals. She suggest how non-verbal communication can work and how to become more in-tune with what your pet is trying to say. Ann Walker's own affinity with animals is evident throughout the book and the various experiences she recalls make for humorous, enjoyable and instructive reading.

DONKEY BUSINESS — C. Berry & J. Robinson. Soft cover, 92 pp, Aust. RRP \$7.95.

Donkeys possess a beguiling charm and this book manages to capture that feeling. It is jam-packed with chapters including information on the nature of a donkey, how to catch and tie it, grooming, hoof care, harness, diet, parasites, breeding and foals. A book donkey lovers will learn from and enjoy immensely.

MAMMALS OF AUSTRALIA — J. Mary Taylor. Soft cover, 148 pp, Aust. RRP \$11.99.

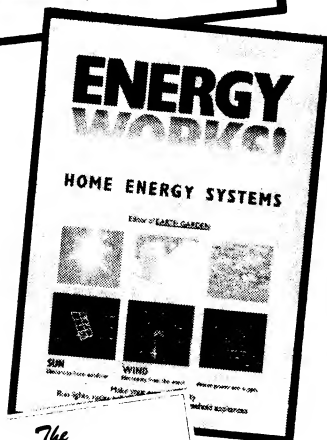
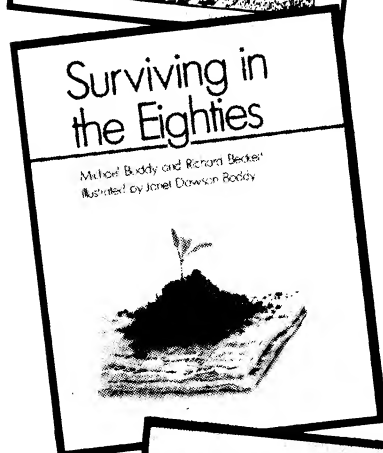
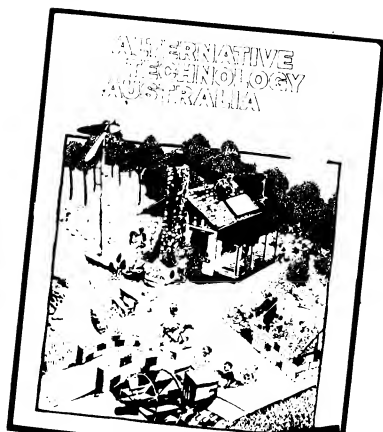
Every mammal native to Australia, whether it swims, flies, hops, crawls or climbs, is included in this compact guide. The contents are organised for quick and easy identification in the bush, by the sea, or in zoos, gardens, museums or wildlife parks.

A GUIDE TO KEEPING POULTRY IN AUSTRALIA — Dorothy Reading. Hardcover, 141 pp, Aust. RRP \$16.95.

This is one of the few Australian books on raising poultry on a small scale. The major part of the book is devoted to chooks; what breeds to keep, breeding, housing and equipment, feeding, possible problems and dealing with produce. There are also small sections on ducks, geese, turkeys, guinea fowl, pheasant and quail.



SELF-SUFFICIENCY



SURVIVING IN THE EIGHTIES — Michael Boddy and Richard Beckett. Soft cover, 196 pp, Aust. RRP \$14.95.

This is an indispensable guide to help you achieve some degree of self-sufficiency in our modern world. The authors offer experience, expertise and practical information to grow your own vegies, raise a calf, goat, chooks, pigs and other animals, moving to the country or baking your own bread and making your own soap.

ENERGY WORKS! — Keith Smith. Soft cover, 211 pp, Aust. RRP \$19.95.

This book is an Australian guide to setting up and maintaining a reliable, pollution-free and economic solar electric system. *Energy Works!* shows how to make your own electricity from sunlight, from the wind and from moving water. Information on black boxes, batteries, inverters and low voltage wiring will help you know how to store your electricity. A clear and easy to understand book designed for the lay person.

THE FARM AND HOME IDEAS BOOK — Barbara Nielson. Soft cover, 136 pp, Aust. RRP \$9.95.

This book is packed with hundreds of ideas that make living on the farm and home maintenance easier. Practical and natty gadgets to make such as those which are designed to help you take off your muddy gumboots, fencing aids and even ideas on how to withdraw roof nails. The wealth of practical information is marvellous — a book to be used time and time again.

THE FORGOTTEN ARTS — John Seymour. Hardcover, 192 pp, UK. RRP \$24.95.

This book contains hundreds of craft suggestions by that well-known exponent of self-sufficiency, John Seymour. *The Forgotten Arts* is about the crafts and trades of days gone by. Illustrated with superb period photographs and wood engravings, the author describes how to make everything from a wooden crib and how to lay a hedge to make chairs, nets, paper and even how to spin. An excellent resource of things to make as well as a record of crafts from days gone by.



ALTERNATIVE TECHNOLOGY AUSTRALIA — Mick Harris and Allan Hutchinson. Soft cover, 160 pp, Aust. RRP \$6.95.

This book provides practical do-it-yourself information, ideas, and inspiration on shelter, heating, electricity, and motion — including pedal power. There are simple projects on how to build a coolgardie safe or sun meter, and explanations on how to dry fruit, build a compost toilet, and how to harness wind energy. You don't need to be a professional engineer to understand and implement the alternative technology outlined in this book — all you need is some interest and lots of enthusiasm.

HARD TIMES HANDBOOK — K. & I. Smith. Soft cover, 233 pp, Aust. RRP \$6.95.

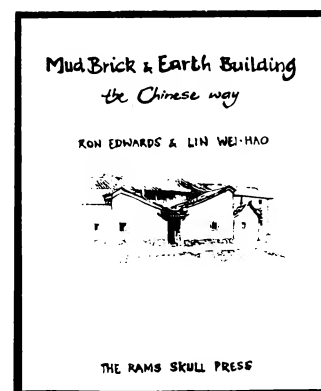
Containing a wealth of practical information and advice, this book helps you do more with less. It is the type of book that will be used for years to come as you refer to it seeking information on making your own bread, cheese, yoghurt and soaps; how to make extra money; how to set up a food co-op; how to establish a garden and more.

BUILDING



LOW COST HOME BUILDING — Sydney Uni. Dept of Agriculture. Soft cover, 120 pp, Aust. RRP \$12.95.

This practical book provides valuable information on low-cost materials and unconventional methods of design and building. Whether you are having a house built or building your own, this book will help you obtain the most from the experience. Areas of discussion include liability, site requirements, environmental considerations and the types of services you can include in your house.



MUDBRICK AND EARTH BUILDING THE CHINESE WAY — Ron Edwards and Lin Wei-Hao. Soft cover, 157 pp, Aust. RRP \$12.00.

The Chinese are experts at building earth homes and the authors of this book explain with detailed illustrations the various techniques they use. Techniques include rammed bricks, cave homes, pit dwellings and fired bricks. This informative book is based on years of research and practise. It will benefit both the beginner and more experienced earth builder.



DIRT CHEAP: The Mudbrick Book — John and Gerry Archer. Soft cover, 91 pp, Aust. RRP \$12.95.

The material presented is all from Australia, and ranges through from the last century to the present day. Over 60 photos show details of miners' cottages at Montsalvat and Hill End, and farmhouses and contemporary houses built during today's mudbrick renaissance, including the authors' own house. The book highlights the versatility of mudbrick as a building material, suitable for a wide variety of architectural designs and lifestyles. Above all, it shows how mudbrick can resolve the often conflicting demands of low cost, beauty and functionality.



FAMILY LIVING



THE CHANGING ROLE OF FATHERS? — G. Russell. Soft cover, 250 pp, Aust. RRP \$12.95.

Graeme Russell has written a controversial and challenging book that discusses the traditional roles of parents. He argues that fathers and mothers are equally important to their children and are equally able to perform the role of care giver. A thought provoking book.

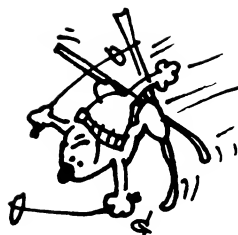
GIRL OR BOY? — Hazel Phillips. Soft cover, 96 pp, UK. RRP \$6.99.

While half the fun of having a baby can be the mystery surrounding its sex, some people do have strong preferences as to whether they want a girl or a boy. If you do want something in particular, to use the safe and simple techniques outlined in this book will tip the scales in favour of the chosen sex. An interesting and informative book.

BREASTFEEDING MATTERS — Maureen Minchin. Soft cover, 348 pp, Aust. RRP \$14.95.

Breastfeeding Matters argues that human milk is an under-valued natural resource. In an age of consumerism and mass production, mothers are being encouraged to feed their babies instant formula when mothers milk remains the best. Maureen Minchin discusses all details of breastfeeding from correct positioning of babies at the breast, dental health, nipple problems and much more. An informative and thought provoking book to be enjoyed by parents, politicians, midwives, dieticians and anyone else interested in the well-being of babies.

GENERAL

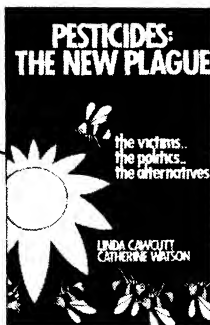


EARNING A LIVING IN THE VISUAL ARTS AND CRAFTS IN AUSTRALIA — James F. Stokes. Soft cover, 251 pp, Aust. RRP \$14.95.

To run a business successfully involves a variety of necessary skills. Whether it be opening a shop, selling wares from home, or becoming part of a partnership or company, the need for knowledge in legal, financial and marketing areas is essential. *Earning a Living in the Visual Arts and Crafts in Australia* discusses these very aspects of running a business. The author deals with contract law, business names and copyright, and explains in simple language accounting, record keeping, and taxation. He also looks at the difficulties of making a living from craftwork — the costing, commission and the artist-gallery relationship. The final chapters outline the supporting framework, and problems like photographing artwork, health hazards and obtaining help are discussed. Artists considering selling their work professionally, as well as existing professional artists, should find this book a very handy one.

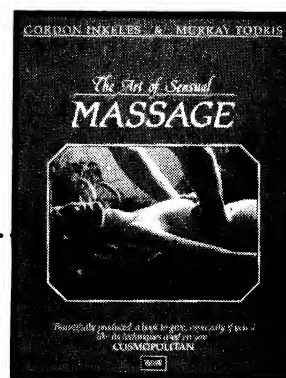
PYRAMID POWER — M. Toth & G. Nielsen. Soft cover, 201 pp, USA. RRP \$8.99.

A comprehensive and fascinating guide to pyramids — their origins, secret purposes, and the many incredible uses to which the mysterious energies they generate can be put.



PESTICIDES: THE NEW PLAGUE — L. Cawcutt & C. Watson. Soft cover, 121 pp, Aust. RRP \$7.00.

The correlation between allergies, sickness and even death with the use of chemicals has been proven. The authors reveal problems associated with so-called 'safe' chemicals that are used regularly on farms, in factories and in the home. The authors suggest alternatives to chemical use — essential reading for everyone.



THE ART OF SENSUAL MASSAGE — Gordon Inkeles & Murray Todris. Soft cover, 161 pp, Aust. RRP \$14.95.

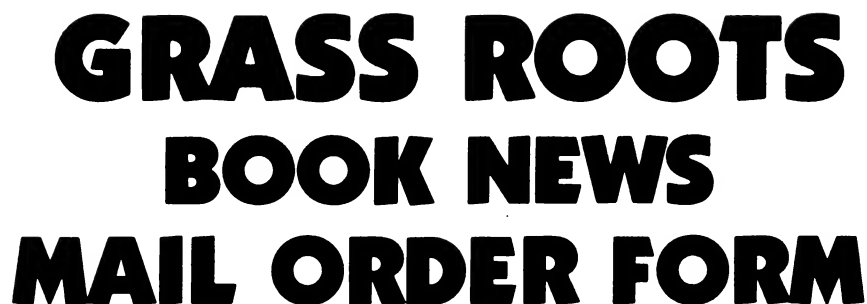
Touch and massage are an expression of sensuality. No special knack is needed. No great knowledge of anatomy or strange techniques. A warm quiet place and a bottle of scented oil are all that are required to spread pleasure inch by inch. *The Art of Sensual Massage* is a warm book that successfully conveys the beauty of massage as well as the techniques that you can learn to make the joy of giving and receiving massage more enjoyable.



GRASS ROOTS GIFT CARDS — Set of 8. RRP \$4.30.

This attractive set of eight gift cards would come in handy for your own letter writing as well as make a lovely gift. Each card features a cover photo from *Grass Roots*. Included is the cute possum, the covered wagon, the man riding a cow, a young boy wandering in his rural back yard, a couple baking bread, a community garden, a horse and the peaceful forest scent. All are printed on an earthy brown textured paper. They are blank inside for your special message and have an inspirational quote on the back, giving the cards their special warm *Grass Roots* feeling.





POSTCODE

SEND ORDERS TO: GRASS ROOTS, PO BOX 764, SHEPPARTON 3630.

If you are looking for information on any particular subject we may be able to help. If a specific book is required, the title and publisher's name must be supplied for the book to be traced.

<p>No. 37 City farm in Brunswick, weeds, soap, sock basket, battery hens, feral animals, spinning fancy yarns, woolcraft hints, homespun socks, potatoes, do-it-yourself pest control, fuel stove hints, oil seed press, electric fencing, index 30-35.</p>	<p>No. 38 An unusual craftsman, attracting birds to the garden, stained glass, living without electricity, growing soybeans, carnivorous plants, ducks, silk spinning, stone building, hard cheese, lengthening childrens' jumpers, build a bush shed.</p>	<p>No. 39 Bushfire protection, making quilts, solar fruit drying, Angora goat keeping, build a bush shed, make a haystack, keeping bees, fruit and nut growing, circle gardening, diet and hyper-activity, making herbal perfumes.</p>
<p>No. 40 Make a doona, energy-efficient houses, hand-made gifts, home energy systems, Angora goats, street games, growing garlic, quilts, building in stone, poultry, bushfire precautions, horseshoe pitching.</p>	<p>No. 41 Snakebite, rejuvenating an old cottage, seaweed, make a bush shirt, solar electricity, poultry, weld without a welder, build a gypsy van, grow and spin flax, setting up a water supply, micro-irrigation, alcohol fuel.</p>	<p>No. 42 Living on your own - for women, cow bails, drying mushrooms, garlic, quail, children's stories, alcohol fuel, donkey training, drying flowers, green manure, solar electricity, black-berry eradication, pruning, self-sufficient health, handling and storage of flammable liquids.</p>
<p>No. 43 Festivals, rag rugs, tanning, tree felling, bee keeping, stone masonry, bantams, children's parties, biogas, citrus in sub tropics, butter from goats milk, donkey training, kefir, tin oven and battery-operated blender, foster mothers for calves, wind power.</p>	<p>No. 44 Pollen traps, herbs for colds, Barnevelders, build a sundial, tools for self-sufficiency, make a child's saddle, floral wool dyeing, gardening in sand, water wheel, 'oldies' make the break, wind power, house cow for \$35, index 36-42.</p>	<p>No. 45 Turkeys, waistcoats, touch for health, a bush sauna, sinking a well, catching a swarm, northern lifestyles, beetroot, fly traps, storage batteries, a cow halter, herbs, swarm traps, strawberries, build your own gates, improving your soil, caretakers.</p>
<p>No. 46 Herbal first aid, removing unwanted fauna, op shopping, building bee boxes, propagating trees, dog fleas, unemployment, dried fruit, handmade gifts, mouse traps, turkey keeping, alternative lighting, tomatoes, jojoba, garden soil.</p>	<p>No. 47 Flea marketing, horse power, making buckskin, living afloat, herbal medicine, stencilling, gardening hints, manure spreaders, building an extension, keeping poultry, a bush shower, suburban back-yard farm, beekeeping, trouble-shooting in the garden.</p>	<p>No. 48 Dry-stone walling, coconuts, dole survival, biogas, felt hats, natural pest control, fruit trees, layering, beekeeping, herb garden, greeting cards, jojoba, wildcrafting.</p>
<p>No. 49 Buying a donkey, buckwheat, aloe vera, locker hooking, vaccination debate, charcoal, life in Kenya, medicinal herbs, biogas, growing Australian plants, make a halter, growing from seed, make a gourd lamp.</p>	<p>No. 50 Networking, bee pests, cheap hot water, growing coffee, designing a jumper, cold climate gardening, moccasins, growing liquorice, coffee, geese, ATTRA, crossword, growing Australian plants, biogas, rainwater separator, home-made beer and cider.</p>	<p>No. 51 Stained glass, self-recycling garden, dog kennels, scented pelargoniums, baby socks, heart attack alternative, possums, water supplies for a small farm, geese, native tree planting, fossil fuel, biological bird control, handicapped children, beekeeping.</p>

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THE GRASS ROOTS FAMILY BOOK

The *Grass Roots Family Book* is a surprisingly diverse collection of Australian family lifestyles described in that matter-of-fact way that has become the trademark of *Grass Roots*. It is a collection of readers' stories of how they have welded the new and the old together to forge something unique and personally satisfying in a world that for many is changing far too quickly. Many feel trampled by progress, isolated or redundant through unemployment, and others simply feel they just cannot keep up the pace. Each has something to offer, something unique from which we can all learn and their openness is touching and inspiring.

The *Family Book* may point you in a different direction, show you how you can change your family structure for the better or remind you of the values you hold dear that are too seldom expressed. Regardless, it is a book of life's adventure, to be read for the wisdom, the joy, the sorrow, and for the very vibrance of life itself radiating from every page.

Price \$6.50 includes post and packing.

THE GRASS ROOTS BUMPER BOOK

Ever wondered how to make your own presents, your own gift and greeting cards and even how to keep the children occupied during holiday periods? Well there is all that and more in the *Bumper Book*. In this special *Grass Roots* publication, readers have come together in a Christmas celebration and offered to share their thoughts, philosophies and ways of living in their usual jolly, straightforward fashion. There are stories about self-sufficiency in Japan, Christmas in Holland, living in a converted dairy in New Zealand, and renovating a two-century-old home in Wales, as well as plenty of fact and fancy on life in Australia from the outback to the semi-urban. As usual, there are plenty of activities and these include homespun slippers, knitting a teddy bear, how to create applique bags and cushions, preserving herbs, printing your own wrapping paper, making gift and greeting cards, herbal gifts, papermaking and more. As well there is a giant section of ideas, activities and resources for keeping the children occupied during the holidays. And the mechanically minded can drool over a plan for a simple 12-volt waterwheel that has been working on the owner's property for 15 months.

The *Bumper Book* is crammed full of the joy of living. It is certainly a delight to read and one that will be recalled often.

Price \$4.50 includes post and packing.



THE FIRESIDE READER

Remember those rainy days at home when all the family played games by the fire, read, or amused themselves by getting into some sort of mischief? There were scones fresh from the oven, warm mugs of cocoa, and that special feeling of togetherness which revitalised everyone for the coming week's activities.

The *Fireside Reader* is a thoroughly enjoyable collection of stories and activities to remind us of those times. Whether forced inside by inclement weather or just the annual winter hibernation and recharge, the reader will be amused, entertained, and stimulated by the contributors who obviously live their lives to the full. And what better way to rekindle those precious memories of sharing, peace and companionship so elusive in our modern lifestyle?

The *Fireside Reader* is packed with things to do, too, like making your own earrings, growing fuel for the stove, making marmalade, embroidery, crosswords, granny's recipes, a handbag pattern, knit some slippers, make a milking stool, crazy patchwork, and weaving a beret. But whether it is the activities for adults and children or the stories of camel trekking, fostering a lamb to a Great Dane, bull antics, craft afloat, or just what to do with unexpected visitors, the *Fireside Reader* is a book that cannot be put down until you have read it right through at least for the first time.

Price \$7.40 includes post and packing.



Poultry for Self-Sufficiency

by Jim and Anita Maxlow, Glen Forrest, WA.

We've had poultry for about six years now. Wherever we live we always manage to keep a few hens and plant a garden. It's only in the past few years that we've been stable enough to become properly set up and organised to the extent of being self-sufficient in eggs and poultry meat. So much so that now we rarely buy any red meat at all.

Anita really runs the show; they are her chickens and ducks and geese. She tends them when they are young or sick, delights in their antics when they are growing, delves into their social order, and decides who and when each one is to get the chop. This is a fact of life that she has accepted. She knows that those same fluffy little newly-hatched chickens that she loves so dearly, will one day feed her family. She has developed a swift and merciful neck-stretching technique and an equally quick and simple skinning process. One minute they are mature roosters harassing her hens or ducks, eating us out of house and home, the next they are frozen meat ready for the table. It's something that you must come to terms with if you want to be fully productive with your poultry.

It has taken us a long time to really know our poultry and it's only now that they just do their own thing and are contented. We have an assortment of hens but our breeding stock consists of one Rhode Island Red/black Australorp cross rooster and hen, and four white leghorn hens. We also have two white bantam hens which do all the hatching and rearing. From these we are building up a stock of both black hens and pretty hens. All roosters are getting the chop.

As it turns out the black hen lays a big brown egg, the leghorns lay plain white eggs, and the bantams lay small eggs. That, in an eggshell, forms the basis of our breeding programme. From experience we know that the brown egg gives us black hens, which is what we want, the white leghorn eggs give us an assortment of multi-coloured speckled chickens, usually roosters which is fine with us. One of the leghorns throws beautiful brown chickens, usually hens, which are the basis of our flock of pretty hens. The small bantam eggs are always taken from any clutch because bantams are not worth the effort as meat birds and at this stage two bantam hens keep us well stocked with hatched chickens from the other hens.

This coming breeding season will test our system to the limit because the daughters of last season's black hens are also laying. They lay brown eggs also with speckles. Usually Anita has a Muscovy drake and two females which last year reared about thirty ducklings between them, all of which went in the freezer. Her three geese are due to breed this season. My job is looking after them all for her and keeping the vegie garden well stocked with greens to tide them over the dry season.

Their housing is nothing special. The hens and ducks have their own separate enclosures which open out into a common enclosed run. The geese have their own run as they are not compatible with the other poultry. I deep litter the chook and duck enclosures with any compostable material, which in turn is used as mulch in the gardens when it is broken down sufficiently.



We let both the ducks and the hens raise their young in their respective enclosures except that when a hen shows signs of sitting we sort out what eggs we want hatched and form a wire mesh enclosure around her nest with her own food and water. This, we found, not only keeps the other hens away from her nest, it stops stray eggs entering the clutch, keeps her healthier because of an adequate diet, and keeps her on the nest longer once the first chicks hatch, ensuring a better hatching rate. Under normal circumstances the chicks have one to two days supply of food absorbed into their system at the time of hatching. Once that time is up mother hen is compelled to abandon the nest to feed her newborn. Being caged with feed and water we found that she will stay on the nest for an extra couple of days. Our most recent batch worked well with only one out of eight lost. Mind you number seven was on the point of breaking out when she had to abandon the nest. We were fortunate in having a clucky duck at our disposal who hatched it for us.

We later popped the chick back under mother hen and it is doing fine. We keep the hen and chickens caged for at least one to two weeks to allow the other hens to accept them. We then let them out gradually, during the daytime at first, then they are on their own. We always try to keep the nests close to where the other hens roost at night – it avoids social misfits. For the same reason we have abandoned hand rearing whenever possible.

Hand rearing is fun for the kids, then it becomes a hassle. They need constant attention to keep them fed, warm and dry, and when they are old enough to join the rest of the flock they are instantly rejected. Social misfits we call them. Caging the misfits separately, but within the same enclosure as the other birds, helps to overcome the initial shock. They also learn a lot from the older birds which they don't if hand reared.

Feeding poultry is a matter of personal preference governed by the amount of time you have available, caged or free-ranged conditions, and the amount of green feed available. In general, chickens need grains and grubs with greens, ducks

need greens with grain, and geese just need greens with a small amount of grain to keep them friendly. All need plenty of fresh water of course, and a small pond or even better, a dam, keeps ducks and geese cleaner and healthier. Be very careful with water containers when there are any young around. Our highest mortality is due to the young chickens or ducklings losing their footing on the edge of a container and drowning through not being able to get out again. If your container is steep sided, put a brick or rock in it so if any do fall in they can at least scramble out again. Another clue is to build the outside of the container up with bricks or whatever so the birds have a platform to stand on without having to balance precariously on the edge of the container — especially the younger less sure-footed ones.

We feed our hens and ducks wet mash in the morning, diluted with a liberal quantity of chopped greens and scraps — about half a handful of dry mash per bird, mixed with the greens and water to a cream consistency. Ducks like theirs wet and sloppy so they can dabble through it, whereas chooks prefer it drier. A happy medium works fine if you run both together. At night they receive about half a handful of grain each, either oats or wheat, scattered on the ground to encourage scratching in their deep-littered enclosure. Grit is already mixed in with the mash so we don't bother with extra shell. They get a lot of stony material from their run and we recycle all their egg shells anyway. The grit is mainly to aid their digestive system and free-range birds pick up all they need in their travels. I often wonder if ducks need it for ballast as well — there's usually a handful of fine gravel in their gut.

We tried feeding pellets for a while during the summer/autumn dry but found the chooks couldn't handle them. They preferred to go hungry rather than gulp great pellets. The ducks thrived on them though and we ended up force-feeding the young ducklings with pellets because of their incredible appetites while they were growing. Twelve weeks it takes for Muscovies to reach their optimum weight, assuming an adequate diet. The chooks are much the same, and any extra time, especially with ducks, you are only wasting money on feed and delaying the inevitable.

Under natural circumstances birds lay a clutch of eggs in a chosen nesting site, usually about eight for chooks and between twelve and twenty for Muscovy ducks. Once she has laid her clutch she will proceed to sit which triggers off some biological time clock in the eggs so they all hatch roughly the same time. Chooks take 21 days from the time the hen first starts to sit in earnest. Muscovy ducks take 35 days, give or take a few extra days. After two or three days the mothers are compelled to abandon the nest in order to feed the first-born, so any unhatched are either rotten or need a few extra days incubation. Hold the eggs against a bright light. Rotten eggs are all fluid or the dead chick has shrivelled and stuck to the shell. Live chicks or ducklings move about and can be heard if you make appropriate cheepy noises on the shell. You can also hear their heartbeats if you hold the egg to your ear. Incubation is tricky and needs constant attention.

A makeshift incubator can be made using a polystyrene esky and a small bedlamp with a 15-watt globe. The temperature is adjusted to a constant 35–37°C by draping a cloth over the top opening and opening or closing accordingly.

Duck eggs need humidity so place a small bowl of water in the esky next to the lamp. Also the eggs need turning a couple of times a day. Good luck.

We live in a neighbourhood where every second household has chooks, ducks, geese, turkeys, guinea fowl and so on. Not many have come to grips with the overstocked, underfed, inbred situation that very quickly develops after those lovely fluffy chickens and ducklings grow into full-size hungry mouths.

If you breed you must be realistic about it and be prepared to cull as required. The ducks and a drake gave us thirty ducklings last season and they weren't even experienced. If you don't cull those thirty you'll end up with nearly five hundred the following season. Same goes for the chooks and also if you run too many roosters with your hens, your egg production will drop way down.

After trying all the variations Anita has found that stretching the chooks necks is easiest for her. There's no blood and very little flapping around so we consider it more humane. But you need to be iron-fisted to stretch a duck's neck so the big chop is the only way for them. To stretch their necks the idea is to hold their head in the vee between your first and second fingers high up against the skull. Hold the feet with the other hand and pull hard while rotating the first hand forward to dislocate the first vertebrae and sever the spinal cord. A distinct cracking is usually felt. Hold the bird upside down by the feet, until it stops flapping — usually only a few seconds. The trick is in twisting that first hand holding the head, sharply forwards i.e. the head backwards, in order to snap the top vertebrae.

We have abandoned plucking as a bad joke because it is smelly, time-consuming and messy. Anita skins them like rabbits in less than five minutes per bird. Gutting takes a little longer, but she can completely skin and gut eight birds in an hour. Ducks need to be cold before the skin will come off because of the extra fat below their skin. Two of us used to pluck and gut eight ducks in about six hours. Now it takes Anita between two and three hours if she skins them instead of plucking.

The only objection people have to skinning is that the meat dries out when cooking and, of course, the skin is a delicacy for many people. I overcome this by boiling the bird in a deep pan seasoned with herbs, onions and leeks. The stock left over makes a superb soup or broth mixed with lentils and vegies, and parsley dumplings.

Poultry are fascinating to watch and raise. We treat ours as individuals, most have names, and all have personalities. We have chicken or duck once or twice a week and as many eggs as we can use on the limited poultry stock we run. We hope that this little insight into our trials and tribulations helps you to sort out your poultry needs.

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PROPOLIS BASED DISINFECTANT

by Jean-Loup Komarover, Belgrave, Victoria.

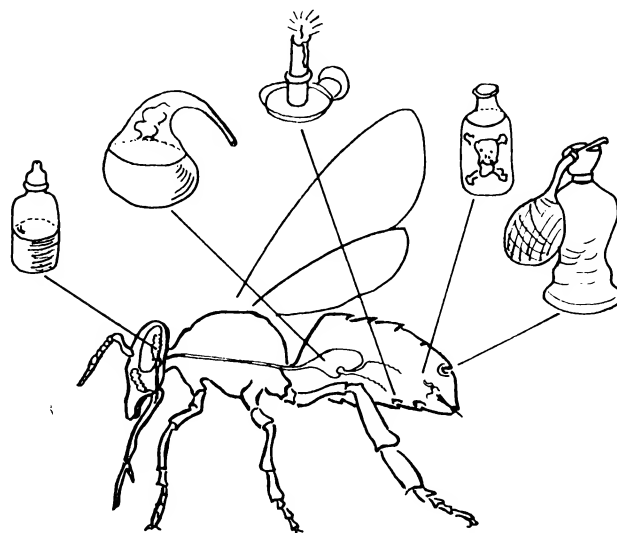
By all means be sceptical of the exaggerated claims often made for some natural products. These misleading publicity boasts might temporarily increase sales in health shops, but the backlash soon comes and the reputation of an otherwise useful product is tarnished for a long time.

Amongst the bee products, royal jelly and pollen have already suffered from this commercial onslaught, and now I fear, propolis is going to take its turn. Europe has 'gone crazy' about it and some imported commercial preparations, backed up by pseudo-scientific literature, are already available here locally.

Propolis is however an excellent, useful, natural substance. Aristotle and Avicenna both quote its value when used on wounds and it has been used that way for millenia. Modern studies have shown its properties as a very effective disinfectant (bacteriostatic and antibiotic), a powerful surface analgesic (blocking pain 52 times more powerfully than procaine), and a stimulant for the regrowth of bone and soft tissue. Its usage is only restricted by both its price (up to A\$700 a kg in Europe for the purified product) and the fact that it cannot be produced in great quantities and sold world-wide under patent by one of the big drug companies with a powerful marketing network.

It is used in neurology, dental surgery, for bone grafts, against throat infections and so on. Most of these uses are out of the 'do-it-yourself' reach of most people, but the beekeeper with free access to the substance can with advantage replace the disinfectant bottle in his first aid cabinet by a bottle of solution of propolis in alcohol. The antibiotic, analgesic and tissue rebuilding properties of propolis make this a superior preparation to swab over wounds.

Plunge the brown scrapings from the frames and the insides of the supers into 70 per cent ethanol at room temperature. The propolis will dissolve and the wax sink to the bottom. Use the solution over wounds like any other disinfectant (peroxide should still be used first on deep



wounds as a precaution against tetanus). Keep the preparation at room temperature in a dark cabinet.

I also use this solution to clean my hive tool and rubber gloves after I have handled a diseased or suspect hive. The bacteriostatic qualities of propolis ensure that I don't carry the disease to other hives.

To produce more propolis, keep Caucasian bees which are the greatest producers of that substance. To stimulate production, use is made of the habit the bees have of blocking with propolis any opening through which they cannot go. Remove the hive mat and stretch a sheet of plastic screening (large hole nylon muslin should be right) with 1 mm or 2 mm holes over the top super and jam with the hive cover. At the beginning of winter remove the screening clogged with propolis and replace the hive mat. The plastic can be plunged into the alcohol with the propolis to make the solution. A production of up to 300 g (11½ oz) per hive per year can be expected.

Pyrethrin vs. Pyrethroids

Over the last 30 years, the chemical industry has responded to the high cost of natural pyrethrin by attempting to synthesise various elements of it. These elements are called pyrethroids. Though they closely resemble individual chemical components of pyrethrin, even used together they do not duplicate the natural product. They are considerably more dangerous to use, and do not possess natural pyrethrin's two most desirable features; rapid breakdown and the ability to flush insects out of hiding. Insecticides containing pyrethroids list them by the chemical names; allethrin, phenothrin, permethrin, kadethrin as well as several others. Insecticide containing only pyrethrin will list only that chemical, plus a synergist — usually PBO — if one is included, and inert ingredients.

Fungal Attack On Insects

In the biological control of insects we usually think of parasitic wasps and predators like the praying mantis, spiders and ladybird beetles. This is a very simplified idea of what happens in our gardens. Insects, being so plentiful throughout the years, have become a major food source for viruses, bacteria, protozoa, fungi, other insects and many animals and birds. There are many diseases that attack insects, including fungal diseases. There is a fungus that attacks aphids, and in the right conditions can wipe out a population within two weeks. Different types of fungi attack various caterpillars and cicadas and also grass-grubs, wasps and soil inhabiting grubs. Hopefully in the future there will be research on beneficial fungi and we can use fungal spores in place of insecticides.

CRYPTIC GRASSWORD

by M. Riley, Newborough, Victoria.

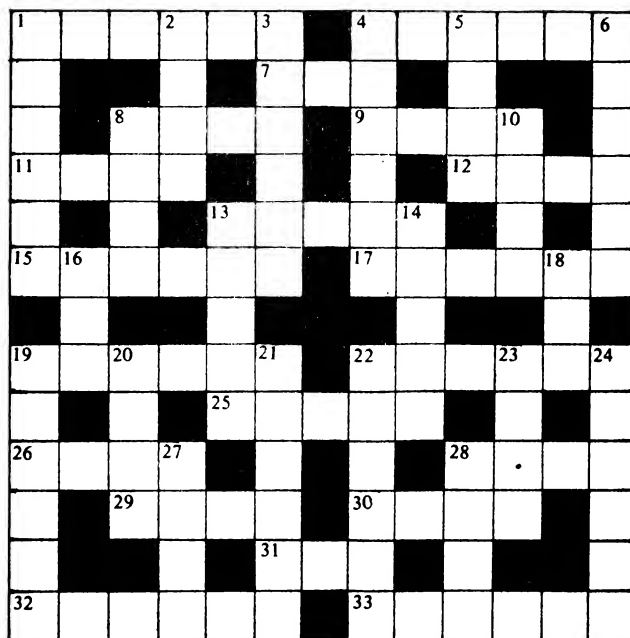
Across

1. Rub the wrong way then row over dwelling.
4. Lure into an apprenticeship.
7. & 13. Tough game (3, 5).
8. Ripe for a landing stage.
9. Dice could be frozen.
11. Room within for both alligators.
12. Give a hand.
13. See 7. Across.
15. Day of reckoning (3-3).
17. Darken arrangement for classified.
19. Strings together.
22. Creature a go pusher without us for 1. Across.
25. Follow talks about plant support.
26. Fibbed for a song.
28. Pins back to cut.
29. Laughter from a Negro artist but not from a lion.
30. Changed Eddy coloured.
31. Compete in civies.
32. Gadge cake.
33. Back seat for a rider.

Down

1. Clergyman on board.
2. Bar use of abusive language.
3. Another try who is deserving.
4. Daily boss in credit or cash deal.
5. Drawn from another diet.
6. Bannished though formerly I led.
8. & 13. Hold hands (4, 5).
10. & 23. Dealer at sea (4, 4).
13. See 8. Down.
14. Took a poke inside cushions.
16. Wood in fashion.
18. Make expense keep within stringent bounds.
19. Animals' low part of legs.
20. Ended in poverty.
21. Take away food.
22. Noiseless flies.
23. See 10. Down.
24. Generally known to be up tree.
27. Duck under feathers.
28. Arrange court players' offspring.

See solution on page 77.



Rest in Peace Puss, and the Birds will too

by Joanna Talberg, Beerwah, Qld.

Because of his instinct to catch birds I took our cat to the vet to be painlessly put to death. Alert but trusting, Whisky sat across the back of my shoulders as I drove. The black and white neutered tom had finally driven me from futile rage at discovering scatterings of tiny feathers on the lawn, to drastic action by killing a quail, a ground-dwelling bird that didn't have a chance, despite two bells Whisky wore around his neck.

The vet's wife put poor Whisky in a cage as her husband was out on a call. My hand shook so much I couldn't write the cheque. She saw my distress. 'It's a terrible decision,' she said.

A terrible decision, indeed. Whisky had been a loved family pet for nine years. I remember laughing at his kitten antics; appreciating his tolerance when our toddling daughters yanked his tail or tried to poke out his eyes; loving the soft warmth of his body curled on my lap on cold evenings. But my family and I live on seventeen hectares of bush on the Sunshine Coast. We moved here from Tasmania to start a

fruit farm, bringing Whisky with us. If only we hadn't! Our place is a cat's paradise. Finches, forest kingfishers, peaceful doves, bar-shouldered doves, fantails, dusky honeyeaters, scarlet honeyeaters and spinebills inhabit our garden and the surrounding bush. A willy wagtail dances and chatters on the lawn and frequently flies into the house to take insects loitering on the ceiling and in corner cobwebs. Would Whisky catch him next, we wondered with dread. Or would it be the eastern yellow robin that sings amongst the saplings in the fowl yard? Or a white-throated honeyeater feeding on the nectar of *Callistemon citrinus*?

My husband heaved a sigh of relief when I finally agreed Whisky had to go. Since then we've seen many more birds in the garden, some even venturing on to the patio, especially Lewin's honeyeaters.

I wonder what other *Grass Roots* readers think about the cat menace? Maybe you believe there isn't such a thing? In other words, do you like cats, or birds? I believe you can't have both.

CONTROLLING LICE ON GOATS

by Royce Moncur, Yarragon, Vic.

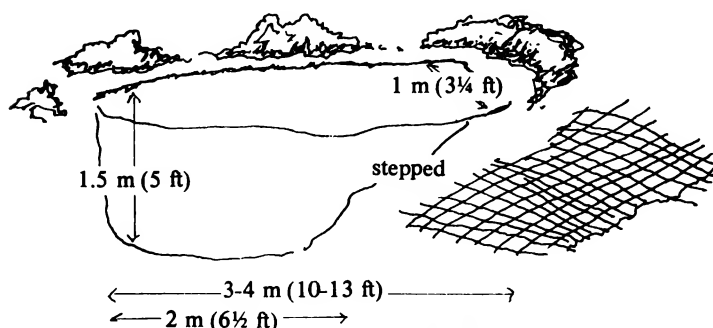
Only complete immersion (or saturation) in dip solution will remove your lice problem. Dip all animals twice — two to three weeks apart. Dip your sheep too, if you have any, and throw the dog in after!

Dip early in the day, or on a mild day. Push goats in with your knees making sure to face them away from the steps. Push them under with an old broom twice (heads too!). Then allow them to turn and exit.

Place all animals in a clean paddock. Don't bring any more animals onto your place until you have checked them. Quarantine them for a while at least.

A common excuse for not adequately treating for lice is: 'But... I've only got a small flock. I can't justify an expensive dipping setup.' But that is nonsense — I built one for \$60. Here's how.

1. Dig a hole in the ground.
2. Press netting around the inside. Make some wire ties. Press them into the sides to hold the netting in place.



VICTORIAN 1985 SMALL BUSINESS AWARD WINNER

Outlook Alternatives is proud to have been announced the winner of the Smaller Business Section of the 1985 Small Business Awards. There were three sections of the Award: Manufacturing, Non-Manufacturing and Smaller Businesses — those with less than five employees.

We would not have won the Award without the help of a large number of people and organisations. Thank you *Grass Roots* for the part you have played in allowing us to win this Award.

Andrew Blair from Outlook Alternatives has contributed a number of articles to *Grass Roots* on practical down-to-earth subjects and subjects and was a regular advertiser for many years. Articles include

A Bush Shower GR 37, p. 70.

Equipment, Money and Self Sufficiency GR 35, p. 42.

Outlook Alternatives GR 27, p. 26;

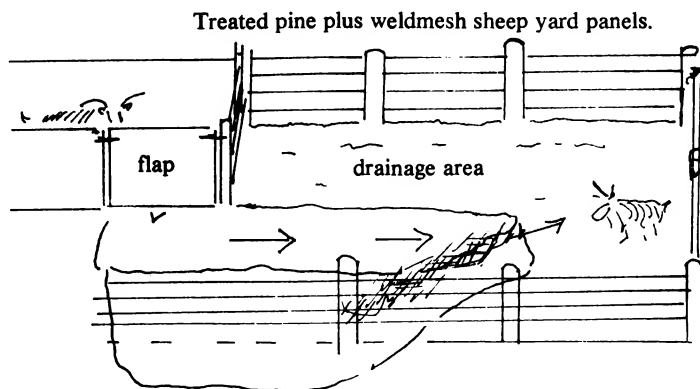
Setting up a Water Supply GR 41, p. 53.

Solar Hot Water Frost Protection GR 36, p. 71.

Windpower at Outlook Alternatives GR 30, p. 66.

3. Have fun slapping cement render all over the inside. Mix about 1:2 parts cement and fine sand. At this stage you have an effective dip — even if a bit rough.

4. Design your own yards.



Concrete surrounds must drain back into the dip. Use excavation material to form base.

Work out a drainage system to empty your dip. I knew mine would leak and solve this problem; I'd never concreted anything before. Of course, it didn't leak!

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Seed Savers' Network

by Michael & Jude Fanton, Nimbin, NSW.

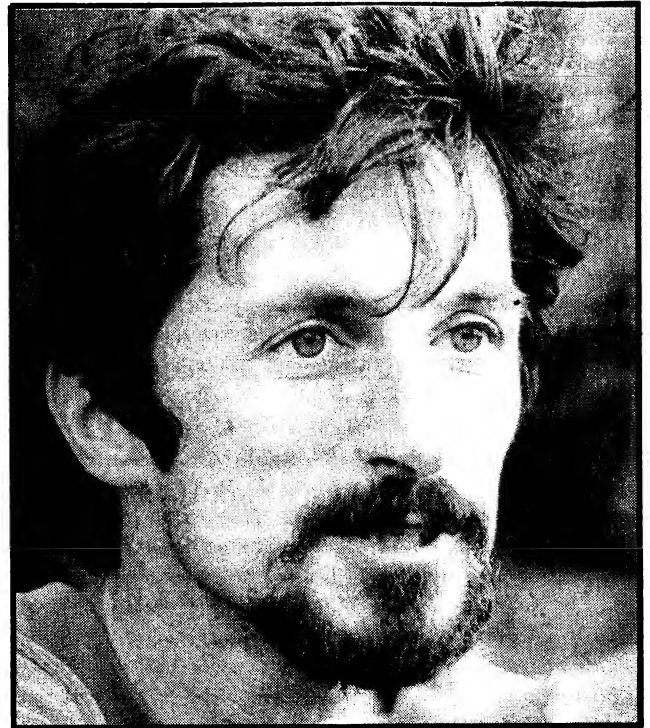
A nation-wide seed search and seed saving network has been started. The Seed Savers Network is interested to hear from gardeners who have been keeping seeds of varieties that are no longer commercially available; outstanding foreign varieties that migrants are keeping alive (especially Asian material); varieties of vegetables which have been passed on from generation to generation (heirloom varieties); varieties grown in outback isolated places that only a few would have access to. We are asking you to contact us and list what you can offer to other gardeners through our winter newsletter.

A seed that has been kept by an elderly gardener during a lifetime of gardening is adapted to his climatic conditions and his habits of gardening, is resistant to pest and diseases, if he is not using chemicals. In some parts of dry Australia we are able to find very hardy vegetables like the poor man's bean, a productive perennial that gives barrels of large speckled beans, of heat-resistant lettuce grown in central Queensland. There must be varieties of potato in Tasmania and around Dorrig in NSW that are not available through normal commercial channels, varieties of tomato in Tasmania which can set fruit in cool weather less than forty days after planting, varieties of non-hybrid corn on the Atherton Tablelands and around Taree, NSW kept for many generations. *Grass Roots* people in these areas will have to communicate with local farmers that might not always know about so-called organic methods but in fact are practising them.

You might wonder what is wrong with improved, non-hybrid seed from a large seed company? When a company is taken over by a multi-national petro-chemical group because it has gone broke or been bought out, the new owners don't change the company name nor often the manager; they only change the line of vegetables for sale. A tomato plant which was bred to be resistant to disease and pests, for its excellent taste, for having a long bearing time is replaced by a variety bred more for its thick skin, which allows it to be transported long distances in Australia and enables it to be picked green, for keeping even when ripe, for long life in refrigeration and controlled environment, and for eye-appeal on the supermarket shelf; even for resistance to pesticides and weedicides.

We need none of these characteristics in our homegrown tomato. What we require from our tomato is hardiness, a long bearing time on the plant, a thin skin as we only take them from the garden to the kitchen table or market the next morning, and above all flavour. The taste of a tomato or any vegetable is not just the way it is grown but the variety grown too. Sadly enough, tomatoes like this are never available on the market — more so now that large companies have taken over small ones and replaced their old varieties with hybrids.

These are bred for a wide range of climates, which ensures the large company more clients, and dependant on them for next year's seeds, too. It's a big business! A kilo of tomato seed of the type grown in Bowen costs up to \$6000. This marriage of seed company and petro-chemical company has repercussions



Michael Fenton

for back-yard gardens. The US Office of Technological Assessment has noted the interest of the agrochemical industry in breeding pesticide-resistant rather than pest-resistant plants. An advertisement recently appeared in Germany, offering seeds and crop chemicals together, and US aid to Third world countries during the Green Revolution consisted of hybrid seeds, weedicides, pesticides, and fertilisers in one package. Pelletting techniques that wrap individual seeds in fungicides and herbicides are on the increase. New varieties are being bred that withstand heavier field applications of herbicides like Atrazine and Roundup.

How do they breed them? Same as you would do. Plant a thousand plants of any given variety, expose them to disease, pests or chemicals, carefully select individual plants which show signs of resistance, isolate them to stop cross-pollination, and choose the most robust seeds.

Nearly 1600 varieties of vegetables, many of them on the market for a long time, are now illegal to trade in the European Economic Community (the Common Market) and even to pass on. Seed varieties thought by the authorities to be the same as patented ones sold under different brand names have been banned. Only a small percentage were duplicates, the rest were traditional unpatented varieties that seed companies no longer found profitable to sell. Proposals for a plant variety rights bill are under review now. There is a strong lobby from nursery men and seed companies to introduce laws requiring plant varieties to be patented.

Your vegetable plants and their seed form a living chain and you have definite control over it. Whenever you receive a seed from a different climate, soil, latitude, altitude, or method of cultivation, your plants will change only slightly due to their new environment. You are there to observe and select to make the most of the changes until your plant stabilises itself. The seed will remain true to type with minor changes. True to type means the plant, if grown next year in similar conditions, will look, taste the same and have the same foliage, root system, resistance to pests, crowding, diseases as your original next year and ever after. But they will be the same only if you prevent cross-pollination. Plants which cross-pollinate must either be grown half to one mile, depending on wind and bee passage, away from another plant of the same species, or can be hand-pollinated. These plants are: maize, sweetcorn, runner beans *Phaseolus coccineus* (recognised because they develop their cotyledons under the ground), okra, sunflowers, cabbage family, parsley, beets, carrots, parsnips, onions, tomatoes. Self-pollinating plants are: beans, lettuce, peas (needing only 2 metres between varieties), capsicum, eggplant (10 metres). In our winter newsletter we will cover aspects of growing, breeding, seed-saving, cleaning and storing for each vegetable variety.

A characteristic of the Seed Savers Network is the willingness to pass on seed that we might have been growing for several years. We do not have to feel protective about seeds we have kept from crossing, properly stored and replanted each year, because it is in our interest to give other gardeners access to wonderful varieties; they are less endangered when passed on than if kept locked up in our own garden. The more gardeners growing hard-to-come-by vegetables the less chance there is of them being lost by cross-pollination, weevils or other vermin, or destroyed in some other way. When seeds are in short supply it is the duty of Seed Savers Network to multiply them to a safe level.

If you save seed from a diseased plant, chances are you will pass on the disease, unless you are very careful. Diseases do not always show up in a plant but it may be a carrier. Before we rush madly into passing on loved seeds here are reliable standard procedures to follow.

Cucumber and tomato seeds will have to be fermented in their own pulp, without adding water, for five days until a foamy fungus forms on the surface. Don't be put off by the repulsive smell. Clean and dry them on absorbent paper.

Another method of controlling seed-borne diseases like black rot, black leg in cabbage and bacterial canker is by heat treatment. Use a double boiler saucepan and thermometer. Bring the temperature of water in the top saucepan to 50°C, pour in the seeds, stir until they are all wet and keep stirring regularly throughout the process.

Broccoli/Brussel sprout 20 mins at 50°C

Cabbage 30 mins at 52°C

Cauliflower 25 mins at 52°C

Celery and capsicum 30 mins at 50°C

Tomato 25 mins at 55°C

These are only guidelines that many seed banks around Australia do not stick to, but that extra little work might help in the long run to keep our gardens healthier.

If you would like to offer seeds in the Seed Savers Network publication this winter, send copy to us by June 30th. Include:

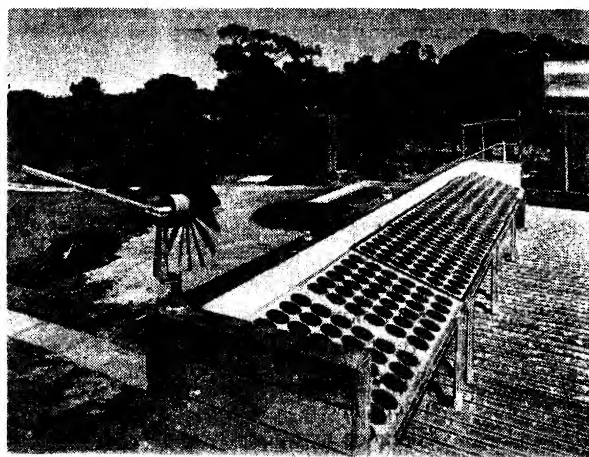
- common name of vegetable, or the botanical name if known.
- description of each stage of the plant's life
- number of days to maturity
- your name and address
- source of your seed
- your involvement in specific areas of gardening and seed saving
- your age group.

We recommend that you would be sending 25 seeds to other seed savers who would order with a SSAE and one extra loose stamp in payment. (Two extra for corn and beans.)

We are also interested in pre-1960 seed catalogues as these must be a treasure house of information on old varieties. We have access to many varieties of non-commercial and non-hybrid vegetable varieties, all home-grown and mostly rare. If you have heard of, seen, eaten, grown but lost any vegetable, perhaps we can locate it; at least your request can be published in the *Seed Saver* this winter. Again, send a detailed request to us by June 30th.

Contact us at PO Box 24, Nimbin, 2480.

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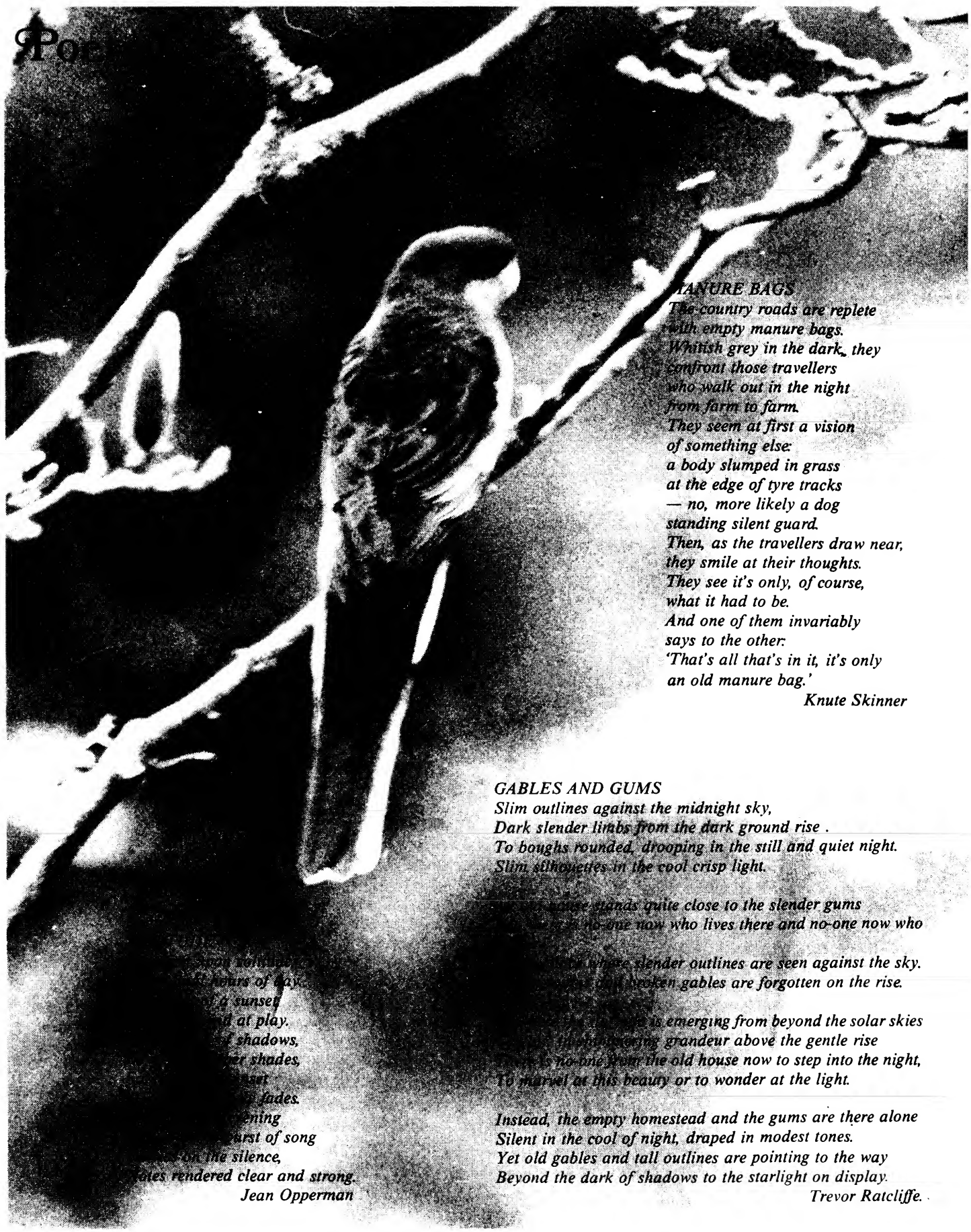
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MANURE BAGS

The country roads are replete
with empty manure bags.
Whitish grey in the dark, they
confront those travellers
who walk out in the night
from farm to farm.
They seem at first a vision
of something else:
a body slumped in grass
at the edge of tyre tracks
— no, more likely a dog
standing silent guard.
Then, as the travellers draw near,
they smile at their thoughts.
They see it's only, of course,
what it had to be.
And one of them invariably
says to the other:
'That's all that's in it, it's only
an old manure bag.'

Knute Skinner

GABLES AND GUMS

Slim outlines against the midnight sky,
Dark slender limbs from the dark ground rise .
To boughs rounded, drooping in the still and quiet night.
Slim silhouettes in the cool crisp light.

The house stands quite close to the slender gums
And no-one now who lives there and no-one now who

Where slender outlines are seen against the sky.
The broken gables are forgotten on the rise.

The sun is emerging from beyond the solar skies
The morning grandeur above the gentle rise
There is no-one from the old house now to step into the night,
To marvel at this beauty or to wonder at the light.

Instead, the empty homestead and the gums are there alone
Silent in the cool of night, draped in modest tones.
Yet old gables and tall outlines are pointing to the way
Beyond the dark of shadows to the starlight on display.

Trevor Ratcliffe.

Now remains
Hours of day
A sunset
And at play.
Shadows,
Shades,
Fades.
Evening
A burst of song
On the silence,
Notes rendered clear and strong.
Jean Opperman

I SMELL RAIN

*I smell rain and rush to see
It spatter on the window pane,
And watch tall buildings bathing free
Of dust and grime, now clean again.*

*I sniff fresh and cooling air
And memories of paddocks brown
Come flooding back with grateful prayer
For droughts that broke as rain pelts down.*

*I smell rain — that earthy smell
As plants and trees rejuvenate.
That rain-washed air, it seems to tell
Of earth's fulfillment now to wait.*

*'Pelting rain!' my children groaned,
With noses pressed against the glass.
'Now we'll have the game postponed —
This summer weather's just a farce!'*

*I smell rain and realise
It moves us all in different ways.
Glist'ning drops from leaden skies,
So large a part of life it plays.*

Pat O'Brien

THE GARDENER

*The gardener shares a secret with the earth
Not for him some vast complex design.
His horizons — frond and fern.
He is absorbed in growth
Yet can pause, look up through shade
And pleasure in a jet plane's arctic plume.*

*The gardener stokes a stack of burning leaves
The pungency of smoke is in his shirt.
Gently bruising basil, balm and thyme
He frees their essence.
He's aware of God — he holds Him in his hands.*

*The gardener rests upon his hoe
He watches clouds build castles on the coast
Their thermals tossing tissue-paper gulls.
A spider starts his game of tic-tac-toe
between two trees and right below
a drift of freesias.*

*Then in the evening, with righteous ache
he relaxes into sleep.
Today, the gardener felt the world.*

Laurence Neill.

BATTLE IN THE SKY

*Gentle rolling hills,
Peace throughout terrain,
Pillows of cloud above
Threatened soon to rain.*

*Timid sun a-hiding
Behind the blanket cloud.
All was dark and looming
Amidst this grey-black shroud.*

*The sky descended quickly;
Wept the tears of shame,
Of sadness and remorse,
Of sorrow and of blame.*

*Soon dispersed with haste,
With hatred of the sun,
Who put forth her rays,
Dispersing every one.*

*But in the murky corner,
They gathered all in rage,
Made ready for the battle;
Elected their new sage.*

*The wind with force and cunning,
With speed and little care,
Sent forth his massive armies
To raid the sun's bright glare.*

*Thunder balls a-rolling,
Echoed in the hills.
Lightning flashed with dreadful bright;
The sun stood very still.*

*She seemed to shake with horror
And shrink with startled shock.
The wind maintained his movement,
With pleasure, loved to mock.*

*From west and south and north;
Wind forces with the light,
Fought against the evil wind,
Who soon lost all his fight.*

*Speeding through a cluttered sky,
Scattering clouds apart,
Without the force and help of now,
Dispersed — speed of a dart.*

*The sun shone forth her radiant rays;
The winds returned to home.
Peace settled throughout the land;
The sky a bright blue dome.*

Leone Russell

kids pages

G'day,

I must tell you about my Silky hens, Topsy (my favourite) and Thumbelina. First Thumbelina decided to go broody and sat on a nest of her eggs and then a week or two later Topsy got the same idea. The nest box is quite small so once Topsy had settled in next to Thumbs there was a fight on! They fought over the eggs and when the chicks started hatching they fought over them. Meg (Mum) took the chicks and placed them in the bottom of the incubator for safety, then later when all the eggs had hatched, separated the hens. Topsy went into a cage on her own and we gave her four chicks of a different breed, and Thumbs stayed in her shed and was given eight Silky chicks. Topsy's chicks are so quiet they will eat out of my hand. Tom the rooster is really funny. He loves the chicks and always calls them over when he finds a tit-bit. He makes a lot of noise about it and becomes quite agitated when they don't come. Topsy has been ignoring him since she's become a mother but her chicks love him.

My rabbit has become huge. He too is funny sometimes. My friends at school — Leanne, Kerry and Libby, the last two have rabbits — say their rabbits do something similar and we have called it 'smokeys'. Anyhow, what happens is the rabbit will run then jump into the air, kicking the back legs up sharply. He (we think it's a he) also runs along then jumps and twists his body in mid air, almost like a gymnast. He is lovely and playing like that is natural, thank goodness. Has anyone else out there got a rabbit? If so please write in and tell us about them, whatever your age. Libby's rabbit — she calls it Pugsly — who is my rabbit's mother, has just had another litter. Baby rabbits are called kittens, mothers are called does and dads bucks. Anyway, Pugsly has had eight kittens and everyone wants one.

Not much else has been happening. I've been riding my bike, reading lots and been swimming a few times. It's been too cold to go most of the time.

Sunshine Miller.

What is the best year for a kangaroo?

A leap year!

Dear Sunshine,

And all the other GR kids! I love reading kids pages, but this time I thought I would write something. A lot has been happening on our farm lately, we've had goslings, ducklings and chicks hatching out and we've also had lambs to look after. We are hoping to get a horse soon and maybe a poddy calf. Has anyone out there ever read *Free Stuff for Kids*? If you have please write to me and tell me what you thought of it as I would like to buy it but before I do I would like to know what it's like. I will answer your letter and say thank you for it. Oh well bye, have an extra great year!



Melissa Bourke
'Gildroy'
HOBBYS YARDS
2795.

Healthy Macaroons

- 1¼ cups honey
- 1 cup sunflower seeds
- 3½ cups shredded coconut
- ½ cup whole wheat flour
- ½ cup chopped dried apple
- 6 egg whites, beaten stiff

Preheat oven to 300°F. Blend honey, sunflower seeds, coconut, flour and apple. Fold in egg whites. Drop by teaspoonfuls onto a greased oven tray. Bake for about 25 minutes.

What do you call a mad millionaire?

A dough-nut!



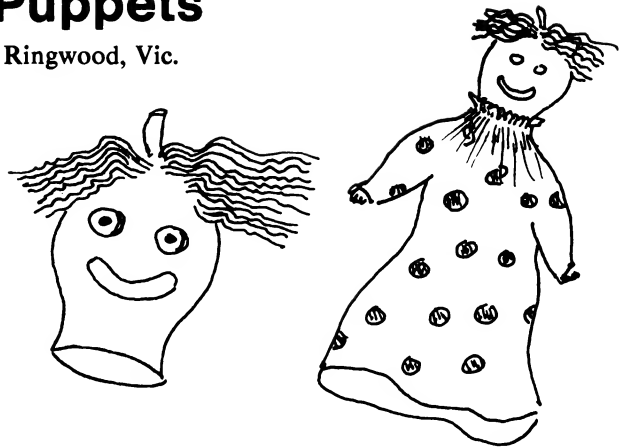
This lovely photo comes from Karen Williams in Rock Valley, NSW, who had an article in last issue on how important it was to make friends with your calves, especially those that may later be house cows. This is Justin and Robbie with Joe the calf and Angie the cow behind him.

Gumnut Puppets

Kennedy family, Ringwood, Vic.

You will need a number of large gumnuts for this, the larger the better.

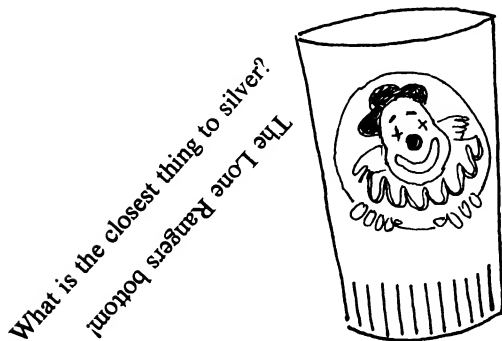
1. Decorate the gumnut so it looks like a face using a little wool for hair and glueing flat seeds on for eyes.
2. Cut out a little dress or pants and shirt and sew together.
3. Finally gather in with a small running stitch around the neck, stitch firmly before breaking the thread.
4. Add a small amount of glue to keep the dress securely in place.
5. Glue decorations onto the clothes.



Personalised Glasses

You will need glasses (those used for Vegemite or other spreads are ideal), sticker or motif made from coloured contact or the like, clear nail varnish.

1. Neatly cut out the motif and stick to the outside of a clean glass.
2. Paint over the motif with the nail polish, making sure it is completely covered and that you have made a seal of polish around the edges to prevent water leaking in under it.



MAKE A WOOLLY SHEEP

You will need:

- 3½ pipe cleaners
- 3 rolags of fleece (or a large handful of teased out wool or even cotton will do)

Take half a pipe cleaner and bend it like this to form the face.

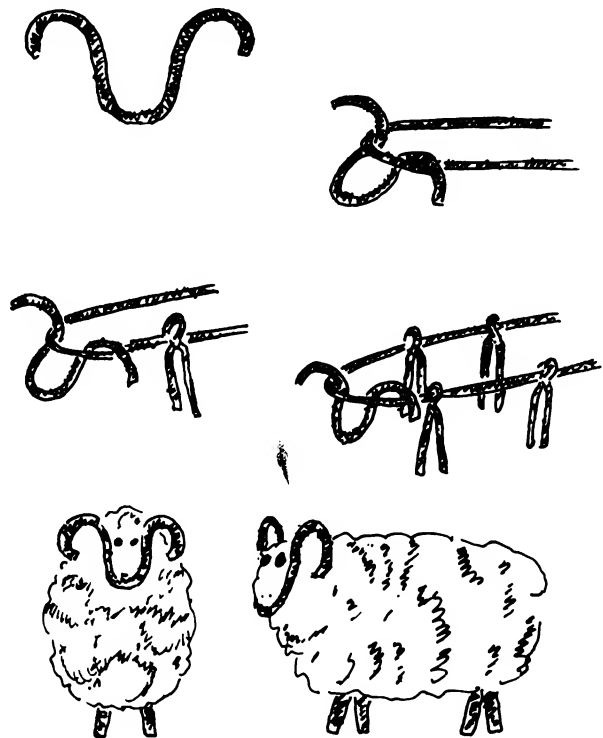
Now using a whole pipe cleaner, bend it in half and put around the face.

Cut the other two pipe cleaners in half and twist them securely onto the body.

Take one of the rolags and gently twist it around the legs (leaving feet free) to secure, then around body and face. This should be done reasonably firmly as it will 'pull' the body together and prevent it falling to pieces. Twist the ends of the body a little to form the tail.

Gently wind the other two rolags of wool around the basic shape, giving it a padded woolly look. Trim wool away from legs if necessary.

Mark in eyes and feet with a felt pen.



While the Billy Boils.....

There's something especially rewarding about taking a simple, seasonable vegetable, like red or white cabbage in the winter, aubergines or courgettes (zucchini) in the summer, and turning them into a main dish that's delicious and satisfying. In order to do this, some protein is usually introduced, in the form of cheese, eggs, milk, pulses or nuts.

Rose Elliot's Complete Vegetarian Cookbook.

Canelloni Mornay

- 125 g (4½ oz) canelloni shells
- 15 g (½ oz) butter
- 1 clove garlic
- 1 onion
- 1 tbsp tomato paste
- ¼ tsp basil
- ¾ cup stock
- salt and pepper
- 125 g (4½ oz) gruyere cheese/cheddar
- 60 g (2 oz) parmesan cheese
- ¼ cup chopped parsley

Heat butter in saucepan, add garlic and onion and cook until onion is transparent. Add chopped tomatoes and tomato paste and mix well. Add basil, stock (or water and stock cube) and bring to boil, reduce heat and simmer, covered, for 15 minutes. Process until pureed in blender, food processor or sieve. Stuff canelloni shells with spinach filling. Arrange stuffed shells in greased ovenproof dish. Pour sauce over, cover, bake in moderate oven 30 minutes. Remove lid and sprinkle combined grated gruyere, parmesan cheese and parsley evenly over top to cover completely. Bake uncovered further 15 minutes.

Filling

- 6 spinach leaves (cut out stems)
- 15 g (½ oz) butter
- 1 clove garlic
- 1 small onion
- 375 g (13½ oz) ricotta cheese
- salt and pepper

Wash and chop spinach roughly. Melt butter in saucepan and add garlic and onion, cooking until onion is transparent. Add spinach and mix well. Cover and cook until spinach has wilted. Place mixture in blender or food processor and process until finely chopped. Combine with ricotta, grated cheddar, salt and pepper.

Anon.

Zucchini Sandwiches

Pick zucchinis when young and firm and serve instead of bread! Slice lengthwise or in rounds. Fillings: fetta cheese with cress/basil/rocket; other cheeses with pickles, chutneys and sauces; curried egg; miso and lettuce; apple slices and tahini, or plain sprigs of parsley. In fact, the list of fillings is only limited by your garden and imagination! Serve instead of bread at lunchtime and afternoon tea or as an appetiser before dinner.

Lolo Houbein.

Wholemeal Vegetarian Pasties

Pastry

- 175 g SR flour
- 175 g wholemeal SR flour
- 125 g wholemeal plain flour
- pinch salt
- 125 g butter
- ¼ cup maize meal
- ½ cup cold water

Sieve dry ingredients together. Rub in butter. Add water and mix to soft dough. Turn onto floured board and roll to ¼ inch thick. Cut into circles. Place small amount of filling on centre of each circle. Brush edges with milk. Fold over pastry and pinch edges together. Bake in a moderate oven until golden.

Filling

- 1 large stick celery
- 1 carrot
- ½ red, ½ green capsicum
- 2 medium potatoes
- 1 onion
- ½ parsnip
- 1 cup cooked soya beans
- ½ tin Sanitarium casserole mince
- pinch pepper
- pinch garlic powder
- 1 tbsp sesame seeds
- ½ cup tomato pulp or sauce

Dice all vegetables finely. Mix all ingredients together.

Barbara Hayes, Healesville.



Lentil and Tomato Soup

- 1 tbsp olive oil
- 1 large onion
- 3 cloves garlic
- 1 potato, chopped into small cubes
- 1 tsp bouquet garni
- ½ cup brown lentils
- ¼ tsp Vegemite
- 1 small tin tomatoes
- 3 cups water

Saute chopped onion, garlic, and potato in oil. Put tinned tomatoes through blender. Add to the pot, along with everything else. Cook gently until lentils are soft.

Miriam Garret, Broome.

Fritters — Savoury and Sweet

- 1 cup SR flour (wholemeal can be used)
- 1 tsp salt
- 1 egg
- ½ cup milk (a little more if using wholemeal)

Sift flour and make a well in centre. Add egg and half the milk, mix from the centre drawing in flour from the side (do not over mix or batter will toughen). Finally stir in remaining milk. Cook spoonfuls in a hot pan until well browned on both sides like pikelets. Serve hot or cold.

For savoury fritters, add to batter combinations of seasonings and herbs, cold cooked meat, grated cheese, onion, carrot, potato, chopped tomato, capsicum.

For sweet fritters, add to batter dried fruit combinations and spices, chopped apple or any fresh fruit. Sprinkle with cinnamon and sugar.

Noreen Abel, Maydena.

Carrot Cake

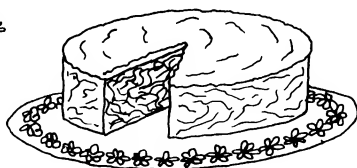
- 125 g (4½ oz) and a knob of butter
- 2 eggs
- ½ cup sugar
- 1 large carrot, grated
- 2 cups SR flour, ½ wholemeal
- ½ cup sultanas
- 1 tsp nutmeg
- 1½ tsp cinnamon

Put softened butter, eggs and sugar in blender and mix at low speed. Put grated carrot, spices, flour and sultanas in a bowl and mix together. Add blended ingredients. Bake for one hour on middle shelf at 170°C.

Icing

Make icing with icing sugar, knob of butter, lemon juice, some milk and hot water. Sprinkle with cinnamon.

Miriam Garret, Broome.



Steamed Fruit Loaf

- 2 cups All Bran
- 2 cups milk
- 1 cup brown sugar
- 2 dsp golden syrup
- 1 cup dried fruit (I use sultanas)
- 2 cups plain flour
- 2 tsp carb soda

Heat milk, pour over All Bran until mushy (about 15 minutes) then add dried fruit, flour and carb soda. Mix thoroughly. Place in three soup cans or similar. Cover tins with foil. Steam about one hour in 5 cm (2 in) boiling water. Check that water does not boil away. Cool, remove, wrap in foil. Keeps moist for one week. Best eaten next day but can be frozen. When camping I use powdered milk and add water, and honey instead of golden syrup.

Helen Whelan, Templestowe.

Lebanese (Pita) Bread

- 28 g (1 oz) fresh yeast (or 2 tbsp dry yeast)
- 1 tsp sugar
- 1¼ cup lukewarm water
- 4 cups flour (sifted)
- 1 tsp salt

Dissolve yeast and sugar in the water. Sift flour and salt and add to dissolved yeast mixture. Mix and knead. Divide dough into approximately 12 balls. Roll out each one on floured board. Cover and set to rise in a warm place for about half an hour. Bake in 260°C (500°F) oven for only a few minutes until they puff up. Cut open and fill with a variety of fillings.

E.S. Thompson, England.

Buckwheat Fruit Slice

- 113 g (4 oz) buckwheat
- 113 g (4 oz) rolled oats
- 113 g (4 oz) wholemeal SR flour
- 113 g (4 oz) butter
- 1 tbsp honey
- 1 egg
- 1 cup mixed dried fruit

Melt the honey and butter together in a saucepan. Add rolled oats and buckwheat and fruit and stir well. Sift in the flour then mix in the egg. Pour into a greased slice tray. Bake in a moderate oven for 15-20 minutes or until brown. Cut into slices while warm.

Carolyn Beard, Tongio West.

Carob Icecream

- ½ cup carob powder
- ¾ cup honey
- ⅔ cup milk
- 1 tsp vanilla
- 1 cup plain yoghurt
- 1½ cups cream

Mix carob powder, honey and milk together in a double boiler. Cook over medium heat stirring constantly until syrup comes to the boil. Boil for 1 minute while stirring. Remove from heat. Add vanilla and beat well. Cool completely. Fold in yoghurt, cover and partially freeze. Remove from freezer and whip until creamy. Whip the cream and fold into carob mixture. into carob mixture. Pour into freezer tray and freeze.

Nature & Health.

Wholemeal Banana Cake

- ½-¾ cup honey
- 2 large eggs
- 2 cups wholemeal flour
- 1 cup very ripe mashed banana
- ¼ cup sour milk
- 1 tsp vanilla essence
- 1 tsp mixed spice

Cream butter and sugar, beat eggs and add to creamed mixture. Sift flour and spice together then add sour milk and banana and vanilla. Pour into paper-lined tin and bake in moderate oven for 30-35 minutes.

Judith Mertiny, Copmanhurst.

Growing Australian Plants

Part VI

by John Mason, Lilydale, Victoria.

This is the final segment in this series on growing Australian plants. As well as covering basic cultivation and propagation techniques, John discussed the eucalypt, casuarina, grivillea, acacia, melaleuca, callistemon and thryptomene.

AUSTRALIAN CONIFERS

There are approximately 35 species representing 11 genera of conifers which are native to Australia. They are from four different plant families as outlined below.

Cupressaceae (Cypress family)

Actinostrobus — three species all from WA.

Callitris — approximately 16 species, widespread.

Diselma — one species from Tas.

Araucariaceae

Agathis — three species from Qld.

Araucaria — two species from northern NSW and Qld.

Podocarpaceae

Dacrydium — one species from Tas (Huon Pine).

Microcachrys — one species from Tas.

Microstrobos — two species (one from Tas; one from NSW).

Phyllocladus — one species from Tas.

Podocarpus — six species from SW of WA; East coast mainland and from Tas.

Taxodiaceae

Athrotaxis — three species from Tas.

The most commonly cultivated genera of the Australian conifers are the Callitris and the Araucaria. Several other genera are horticulturally or commercially valuable trees (e.g. Huon Pine), but are very slow growing and for this reason are often neglected.

CALLITRIS

Commonly known as the 'Cypress pine', this genus comprises dense shrubs and trees which are symmetrical in growth habit. Seed is produced in small cones which are usually globular, oval or pyramid-like shapes with 6 to 8 woody scales. The bark is hard and furrowed in all but one species (i.e. *Callitris macleayana* has a fibrous bark). More commonly grown species are:

- | | |
|-------------------------|---|
| <i>C. preissii</i> | Large pyramid shaped tree with light green foliage, globular cones, from WA, SA, Vic and NSW. |
| <i>C. collumellaris</i> | 'White Cypress' is a symmetrical tree with grey-green foliage and smooth globular fruit. Found in all mainland states. |
| <i>C. rhomboidea</i> | Upright small tree with dark green fine foliage, new growth is weeping and cones are globular. Popular in cultivation. Best in a protected position. From SA, Vic, NSW and Qld. |

ARAUCARIA

This genus is found in South America, the Pacific Islands and Australia. The most commonly cultivated species is *A. heterophylla* (Norfolk Island Pine), which is not actually native to Australia. The two native species are:

A. cunninghamiana 'Hoop Pine' is a large symmetrical tree with sharp pointed leaves from north coast of NSW and south east Qld.

A. bidwillii 'Bunya Pine' is large, symmetrical and has a domed top. From Bunya mountains of SE Qld.

Macadamias

The genus *Macadamia* is a valuable commercial native of northern coastal New South Wales and Queensland. There are four species of this genus. The genus is a member of the Proteaceae family.

M. tetraphylla varieties bear thinner shelled nuts, but produce higher yields than the *M. integrifolia*. *M. tetraphylla* tends to be more susceptible to attack by grubs and bugs and for this reason *M. integrifolia* is often preferred. Cross pollination occurs freely between varieties and plants which are grown for the nuts are best propagated by grafting onto seedling rootstocks.

Macadamias, though native to the subtropical parts of Australia, will grow and crop successfully in southern states. There are many macadamias which have cropped well for years in Melbourne. (The commercial viability of crops in the south is however questionable.)

John Mason, the author of 'Starting a Nursery or Herb Farm' has worked extensively in landscape design and runs his own nursery in Lilydale, Melbourne. He also runs the Australian Horticultural Correspondence School which offers many courses related to gardening and growing.

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Tanning Hides

by Wendy Battisson, Michelago, N.S.W.

Have you ever wished you could have kept the skin from a certain animal that you had shot? Well now you can, by following these tried and true directions.

First skin the animal. Then lay out the skin on the ground. Cover the entire flesh side of the skin with coarse salt (ordinary cooking salt can be used). Fold the sides into the centre and roll it up. Place in a plastic bag and leave overnight.

The next day unroll the skin on a piece of plastic sheeting. The plastic sheeting will catch the salt which, after drying, can be used again. Shake off the salt. Place the hide lengthwise on a wooden sawhorse with the fleshside facing upwards. Then, with either a drawknife or other sharp knife, start fleshing (stripping all the meat and fat off the skin). Keep your instrument at an angle so as not to cut through the skin. Strip off all the meat until you are left with a greyish looking skin. It doesn't have to be smooth at this point, but do ensure that all the meat and fat are off. This procedure is slow and if you get sick of doing it, just resalt the hide, roll up and leave in the plastic bag another night or two.

Now you are ready to place the skin in the tanning formula. But first you have to mix the solution.

In a plastic rubbish bin add 22 litres (5 gal) of warm water. Mix the alum and salt together and sprinkle into the water. Stir it in until completely dissolved. Next, add the formalin and stir it round. Now add the skin and ensure that it is submerged fully and that there are no air pockets. Weigh it down with two bricks if required.

Take the skin out each day for the first 2-3 days and stretch it out on the wooden horse. Pull the skin downwards on each corner and in the middle. This will help keep its shape and avoid shrinkage.

A small skin such as a rabbit will be tanned within three days; fox skin takes ten days; kangaroo or goat skin about four weeks; a bullock hide about five weeks.

The sign of a good tan is an even whitish colour right through the skin. If the skin is left longer than the required time, this does not matter. No harm will be done to the skin.

The freshly tanned skin (fleshside facing up) is now nailed out on a board or on a wall. Use non-rusting nails. Start at the head and nail down the skin, stretching it as you go. Make sure all corners are even and try not to leave any wrinkles in it.

Leave to dry outside, but not in direct sunlight. When the fleshside is nearly dry, rub in neatsfoot oil liberally. Next day rub in more oil, then leave the skin to dry. With coarse sandpaper smooth the skin over, removing any loose unwanted skin. Now remove nails and take the skin down. Knead the skin for about 15 minutes to get it really soft. Finally rub in a little talc into the fur. If the fur is sticky rub with sawdust until the sawdust shakes off freely. Your skin is now complete and ready to display proudly in your home. I hang my hides on the back of the couch and chairs and it gives the room a warm and inviting atmosphere.

TANNING FORMULA FOR FOX, COW, GOAT AND KANGAROO SKINS

22 litres of water
1250 g potassium alum (chemist)
225 ml formalin (chemist)

TANNING FORMULA FOR SHEEPSKINS (DRY)

227 g potassium alum (chemists)
227 g salt
57 g borax
A little water

Mix into a paste and spread on fleshside of skin. Roll up skin and leave 72 hours. Sponge off paste and nail out to dry. Add neatsfoot oil and finish as usual.

CURING GOAT SKINS

by Robert Meredith, Albion Park, NSW.

If you keep on your male goat kids for the table or should you lose a young goatling through accident or ill health, you can cure the skin successfully at home. Collect the skin as soon as possible after the animal's demise. Scrape off any flesh or fat with a round ended, blunt knife, being very careful not to cut the skin.

Soak it for 2-6 hours in 18 litres (4 gal) of cold water (soft water, such as rainwater is ideal) to which 14 g (½ oz) borax, 280 ml (½ pint) common salt and 28 g (1 oz) sulphuric acid have been added and dissolved.

Remove the skin and place it in the following tanning solution:

9 litres (2 gal) soft, cold water
113 g (4 oz) pulverised oxalic acid
1100 ml (2 pints) common salt

Steep for two days then wring carefully by hand to remove most of the moisture. Hang in a cool, airy, shaded place. While drying the skin should be worked by hand to keep it soft. When thoroughly dry stretch out on a board hair side down. Remember, to cure a skin successfully it must be worked during the drying process to keep it supple because once dried stiff it is extremely difficult to soften again.

Further Reading

More information on tanning can be found in the following issues of GR.

The Early Years — p. 139; GR 32, p. 40; GR 42, p. 16; GR 43, p. 24-5; GR 47, p. 31.

Handy Hint

To clean a chimney, place 2 bricks in a hessian sack and attach to a rope. Now drop the bag down the chimney and pull up and down.

GREENS, GREENS AND MORE GREENS

by Isabell Shipard, Nambour, Qld.

We owe our source of light to sunlight and chlorophyll. Sunlight is the prime agency in generating life, as it is the source of energy. Sunlight is captured in plants through photosynthesis where it is joined with chlorophyll, transforming it to produce plant food. Chlorophyll, the green pigment in all plant life, is an extremely important component in the plants' ability to manufacture food substances. This makes chlorophyll one of the most valuable nutrients in our food supply.

Just as chlorophyll acts as a catalyst in synthesising the various elements associated with plant growth, so too it acts as a catalyst to promote healing within the bodies of animals and man. For example, you may have noticed how domesticated animals when sick will eat green grass.

So, it is important that some green leafy vegetables, herbs or grasses be eaten daily to maintain health and well being. Chlorophyll, found in the liquid flowing through the veins in green leaves, can be regarded as the green blood of plants, supplying nutrients to the plant cells, just as human blood flows in our veins, supplying the body's needs. Interestingly, chlorophyll is very similar in chemical composition to human blood, with the chlorophyll molecule closely resembling the hemin molecule found in the red corpuscles of the blood. The only difference in these molecules is that chlorophyll contains magnesium as its central atom, while haemoglobin contains iron in the correlating position. So close is the relationship that in research, when chlorophyll is fed to anaemic animals, normal red blood cells are quickly restored. This closeness renders chlorophyll extremely amenable to the human system. A daily intake of fresh chlorophyll filled leaves can energise the body and keep it functioning well by supplying a rich natural source of protein, carbohydrates, minerals and vitamins. Considerable research has been done which shows chlorophyll to be a tremendous blood-building element, to actually rejuvenate old cells, promote the growth of new cells, provide a favourable intestinal flora in the bowel, aid regular bowel elimination, aid circulation, cleanse the body of toxins, and eliminate many diseases.

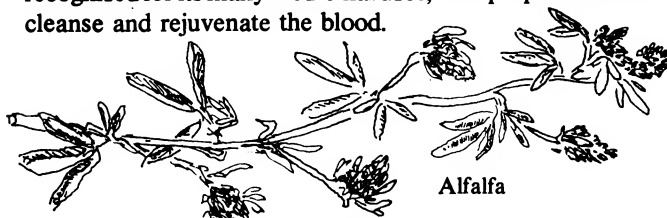
All food on our table is made possible through chlorophyll, whether it is a loaf of bread, sugar, vegetables, fruit, milk, eggs or meat. Every thing living on earth depends on chlorophyll.

In Australia most people limit their source of greens to peas, beans, cabbage and lettuce, with most meals being cooked. However, millions of people in other nations have a wide range of green vegetables, many of which have extremely high nutritional value. The research book *Edible Leaves of the Tropics* by F. Martin and Ruth Rubertr, describes many useful plants. Many of these are available to us, and I would like to share a few details of some easily grown plants which can be a valuable source of food. By growing these plants in our back yards, or even in limited areas in flats or units, we can have a tremendous source of fresh nutritional green leaves. These leaves can be picked as required daily, just before serving or cooking, which means they will be rich in

nutrients. This is important as some elements (particularly vitamin C) are soon lost once vegetables are picked.

ALFALFA (*Medicago sativa*)

This perennial legume grows to a metre in height and is an amazing source of chlorophyll, protein, vitamins and minerals. It is particularly rich in vitamins B, C, D, E, G, K, and U. Plant a few seeds in the garden or in a high styrofoam box, and cut the green tips often with scissors for salads, or use the leaves for a healthy tea. A popular drink is to make a tea with leaves and add a sprig of mint. Chill and serve with a slice of lemon or orange and sweeten with honey. Alfalfa has been recognised for its many medicinal uses, with properties which cleanse and rejuvenate the blood.



AMARANTH (*A. Hypochondriacus*)

A hardy annual that can be planted from seed all year around on the Sunshine Coast. There are many varieties of amaranth, most grown for their high protein seed. The main variety grown for a leaf source is Tampala. The seed is 57 per cent protein, and the leaf 23 per cent. The plant is particularly rich in vitamins A and C, calcium and iron. Young leaves are eaten raw and mature leaves cooked. They should be eaten in moderation as they contain a little oxalic acid. Leaves are excellent in quiche. The plant has many medicinal uses; for diarrhoea, dysentery, a wash for skin problems, and as a gargle for sore throats and mouth irritations; use 1 teaspoon of chopped leaves to 1 cup of water. The amaranth seed has more assimilable protein than any other grain.

CEYLON SPINACH (*Basella rubra*)

This amazing perennial tropical spinach, grown from seed or cuttings, is extremely hardy and very fast growing; ground trailing or climbing, it can be a valuable food source for every garden. It is ideal to grow as a living mulch under fruit trees, or it can be confined to a small space in a bucket or on a small trellis (tying up will encourage trailing on to the support). Give the plant a rich soil, and the reward will be an amazing amount of large green leaves, a truly valuable chlorophyll supply. Nipping the tips of the stems will encourage branching, and thus more leaves. Also nip off flowers, or they can slow down leaf growth. Because Ceylon spinach is so hardy it is a tremendous source of greens all year around. It is ideal to use as a salad vegetable, especially in the hot summer when lettuce is rather difficult to grow. Dice or shred leaves and serve with mayonnaise or add to a tossed salad, or lightly steam leaves, or add to other cooked dishes like stew, stir fry or quiche. Try greens with eggs on toast. Dice a handful of

leaves for each serve, and lightly steam in a little water until tender but still a bright green colour. Whisk in 1 or 2 beaten eggs for each serve, and gently cook until set. Serve on hot toast — a quick nutritional meal.

Jungle Slaw: mix ½ an onion grated or finely diced, 1 handful sliced Ceylon spinach, 1 handful diced cabbage, a handful tender green beans cut into slivers, 1 carrot grated, ½ diced pineapple, ½ green capsicum. Toss and combine with ½ cup mayonnaise and ½ cup unsalted peanuts, and serve on a bed of Ceylon spinach leaves. For extra flavour, the peanuts can be toasted lightly under the grill for a few minutes.

CHIA (*Salvia rhyacophila*)

Propagated by seeds or cuttings, this hardy annual grows to a metre in height. A member of the sage family, it is regarded as survival food. A few leaves can be chopped for tossed salad or sandwiches, or made into a healthy tea. The attractive blue flowers are followed by seed heads which resemble wheat. Chia seeds are remarkably rich in minerals and vitamins A, B, D and 30 per cent protein. 1 tablespoon of seed is enough nourishment to sustain a man for 24 hours of hard labour. The seed soaked in water and drunk is a tremendous thirst quencher. Also the seed contains a natural enzyme which acts as a catalyst for protein thus making food more readily available for the body to use. Chia seeds are a good tonic for the nervous system and to strengthen the memory. The seed can be sprouted (seed being available in American health-food shops for sprouting; how about an Australian gardener growing Chia for commercial sale?) or added to milk, yoghurt, cereals, bread and pancakes. This tremendous energy food can be used in many ways to give health and vitality.

CHICORY (*Cichorium intybus*)

This is a hardy perennial vegetable to 50 cm, and is easily grown from seed. It is a valuable aid to the digestive system. Rich in vitamins and minerals, particularly vitamins A and C, the young leaves can be added to salads or cooked. Leaves have a bitter taste, so are often blanched while growing (called witloof) thus making them more palatable (and highly valued by the French). If leaves are bitter, cooking the leaves and changing the water once can help to eliminate this flavour, or some of it.



Chicory

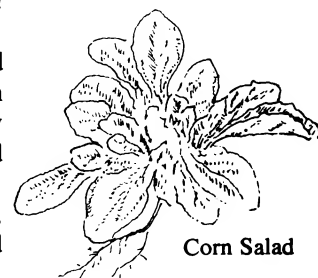
CHINESE WATERCRESS or KANG KONG (*Ipomea aquatica*)

It is a tremendous source of green leaves; propagated by seeds or cuttings this trailing ground cover spreads rapidly, rooting at nodes. The young leaves and succulent tips can be eaten in salads or sandwiches, or steam larger leaves or stir fry. The 31.7 per cent protein content of the leaves, with 12 important amino acids, makes this plant one of the best green-leaved foods and protein sources of the tropics and sub-tropics. It is a rich source of vitamins A, B, and C, iron, calcium, phosphorus, potassium, iodine, magnesium, manga-

nese, sulphur, flourine. When shortened days of winter approach, the plant is arrayed with white trumpet flowers. Plant in the warmest position in the garden, and fertilise heavily to encourage an abundance of leaves. In very cold or frosty winters the plant may be dormant until spring.

CORN SALAD (*Valerianella locusta*)

A mild flavoured tasty salad vegetable which grows to 50 cm in height. It is propagated by seed in autumn, winter and spring on the Sunshine Coast. Leaves can be used as salad, or steamed vegetable, added to stir fry and other dishes.



Corn Salad

COMFREY (*Symphytum officinale*)

A hardy perennial which grows to 50 cm, it is rich in chlorophyll and is a valuable plant for every garden. Easily propagated by root division, comfrey thrives with a rich soil. Being extremely deep rooting (can go down 2-3 metres), thus it brings up minerals from deep in the soil. It yields an abundance of high protein leaves (up to 35 per cent), in fact the more it is picked the more it will grow, and very quickly too. Comfrey is rich in vitamins A, B, C, E and B12 (quite rare in plants), potash, calcium, iron, magnesium, sodium, lime, fluorine, chlorine and iodine. Young leaves can be finely chopped for salad, sandwiches, soup, steamed as a vegetable, juiced for a 'green drink', or added to fritters. A delicious high protein, economical meal: make a batter with eggs, flour and milk and add chopped leaves. Put spoonfuls in pan and fry till golden brown on both sides. Onion, ham or cold meats or bacon can be added if desired. Try lightly steaming chopped leaves, and squeeze lemon juice over before serving. Or dry leaves, crush and use as a coarse flour in bread, etc. Comfrey can be a marvellous tonic and blood purifier. The allantoin in the leaves has healing properties which can increase the speed of which nature will heal a wound, internal irritation or broken bone. And try comfrey leaves as a plant food too. Soak leaves in a bucket of water for a day, drain off water and feed to plants to give health and vigorous growth. Add leaves to the compost heap to act as a catalyst breaking down rubbish.

EDIBLE CHRYSANTHEMUM (*coramarium*)

This hardy annual/biannual (to a metre high) is usually propagated by seed. Leaves are eaten raw or cooked and give a distinctive Chinese flavour to any stir fried dish or soup. The attractive daisy-like flowers are edible; add petals to salad, or use as a refreshing tea. Dip leaves and petals in batter and fry till golden brown.

Part II next issue will continue with descriptions and suggested usage of individual plants.

Stubborn Stains

To remove stubborn stains from porcelain, mix cream of tartar and hydrogen peroxide into a paste and apply it to the stains with an old toothbrush and a little muscle.

A Spiritual Understanding of Self — Sufficiency

by Stephen McCarthy, Hobart, Tasmania.

Everyone has a deep desire for peace of mind and for unity in the world. We want to be free from worries and diseases, and from having to work for someone else. Many people are under stress and blame it on the rat race of city life, so we turn to self-sufficiency or working for ourselves, because it appears to be a more satisfactory way of life. However, as long as humanity is experiencing negativity — anger, anxiety, frustration, jealousy and quarrelling in many forms — we will be affected.

We may eat organically grown vegetables but still we cannot escape this impure world. Because of acid rains and polluted atmosphere, we cannot escape the system. There is much destruction in today's world and though we look for someone to put the blame on, we are all responsible.

To establish peace in the world, in society and in every individual, we must first have a peaceful mind. We need to be in control of ourselves. No destructive or wasteful thoughts. The individual is a measure of society, and reflects that society. If one person changes they can influence many others in a positive way. A person can attain peace of mind only when his actions are good, because the basis of happiness and sorrow are our activities. This in turn depends on our attitudes and how we think, and these thoughts originate in the mind.

I used to think that if I could accumulate material wealth and possessions I would be secure and happy. Therefore I concentrated all my energy on accumulating wealth. Then I realised that as I gained wealth for myself, my experiences of anger, jealousy and quarrels did not lessen. Many people rely on material comforts and friends for happiness. When their supports have gone then there is sorrow.

Matter is ever changing and all material things are perishable, including our own bodies. If there is attachment to any form of matter, there will be sorrow when that matter perishes. True happiness comes with personal development. Gaining strength to be able to stand on one's own feet. This is true self-sufficiency.

The first step towards a self-sufficient, peaceful and stable mind is to consider the question, Who am I? By turning within one can realise that the I is not the body but a powerful life force within — soul, residing in the centre of the forehead. This energy contains our thoughts, personality and habits, it is the true self, the spiritual entity. When this is discovered and realised, a natural feeling of positivity, satisfaction and peace is experienced. When I consider myself to be the body thoughts based on ego, greed, fear, anxiety and conflict emerge but if I become soul conscious then these thoughts can be easily transferred into those of peace and equanimity, realisation and true independence. To be limited by identities such as I am a teacher, doctor, male or female, black, white, young, old, cause sorrow to the soul. Soul consciousness opens us up to experience who we truly are, beings of complete and deep peace.

By tuning into soul consciousness, one is also tuning into the highest source of energy, God or Supreme Soul. The name isn't really important. The experience of pure deep love from the Supreme Soul fills the soul with strength. Such power protects us from tension and negativity. This is truly becoming self-sufficient. Self-sufficiency is soul consciousness.

Soul consciousness is the basis of Raja Yoga meditation. Raja Yoga is an ancient understanding of the self (soul). It enables one to change destructive thoughts into constructive thoughts. Tolerance, courage, good judgement, accommodation, determination and general well wishing are a few of the positive powers which can be easily developed. Raja Yoga goes beyond superficial relief or avoidance. It is a method of prevention and cure, not an escape but a method of learning to love and understand the true self and to develop positive relations with others.

Raja Yoga meditation is an open eyed meditation, so that one can tune into the power of meditation in any situation. With this ability one can remain in the family and society and fulfill one's responsibilities and yet live like a lotus flower, unaffected by negativity on all levels.

The easiest method of learning how to meditate is through a free course of five lessons at any Raja Yoga centre. The first Raja Yoga centre in Australia was established in Sydney in 1975. Since then it has given instruction and courses free of charge to over 20,000 people. Now there are Raja Yoga centres in every capital city. In addition to learning meditation techniques the course also covers the laws of karma and reincarnation, the spiritual evolution of humans, and vegetarianism. Correspondence courses are also available. If anyone would like more information concerning Raja Yoga, please write to Stephen McCarthy, C/- Raja Yoga Centre, 137A Elizabeth St, HOBART 7000.

Handy Hint

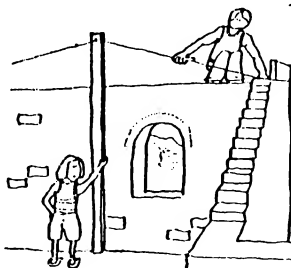
Save the off cuts from your floor covering to place under the legs of the furniture, thus preventing dents in the floor coverings.

BUILDING YOUR OWN HOUSE?

The Owner Builder Magazine

is a valuable source of information, practical ideas, and inspiration from the people who are doing it themselves.

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GOING SOLAR GENERAL STORE

This year we have greatly expanded our range of vegetable and flower seeds suitable for autumn and winter planting. The seeds selected are mainly for cool and temperate regions and care should be taken in hot tropical areas, though the exotic fruits should do well. Of special interest are the seeds for flower arrangements and the cottage garden favourites. There is also the easy-to-grow Simplicity range or for the more experienced, the Elite range.

POSTAGE: Please add \$1.00 for post and packing for any number of seeds.

SUBSTITUTES: It is important to list a few substitutes in case some are out of stock.

Vegetables

Price each

Broad Bean Aquadulce Claudia	1.00
Dwarf Bean Purple Queen	1.50
Dwarf Bean Snappy	1.25
Baby Beetroot Spinel	1.15
Beetroot Triple Choice	1.15
Bok Choy	1.15
Broccoli Green Comet F010	1.75
Broccoli Romanesco	1.60
Sugarloaf Cabbage April	1.15
Cabbage Big Apple F010	1.70
Cabbage Sprout Ormovan F010	3.20
Carrot Esigrow	1.15
Carrot Fast Crop	1.15
Carrot Suko	1.15
Carrot Zino	1.15
Mini Cauliflower All Year Round	1.10
Chinese Cabbage China King	1.10
Chinese Celery	1.30
Winter Chicory Snowflake	1.40
Continental Vegetables (4 in 1 pack)	2.95
Globe Artichoke Grande Beurre	1.60
Gourmet Vegetables (4 in 1 pack)	3.25
Gow Choy	1.35
Herbs, Aromatic Seasonings Mixed	2.95
Leek the Lyon	1.15
Lettuce Salad Mixed	0.95
Onion Red Torpedo	1.25
Onion Spartan Sleeper F010	1.30
Parsley Green Velvet Improved	1.10
Dwarf Snap Sugar Pea Sugar Ann	1.50
'Leafless' Pea Lacy Lady	1.50
Radish April Cross F010	1.50
Radish Kutara	1.00
Radish Rainbow Salad Mixed	1.10
Spinach Popeye's Choice F010	1.25
Spring Onion Ishikuro	1.30
Spring Onion White Lisbon	1.00
Strawberry Alexandria	1.30
Strawberry Sweetheart	1.95
Swiss Chard (Silver Beet)	1.00
Tomato Pixi F010	1.80
The Gilfeather Turnip	1.50
Turnip Tokyo Cross	1.20

Exotic Fruits

Golden Berry (Qld)	1.95
Golden Hawaiian P/fruit (Qld)	1.80
Golden Naranjilla (Qld)	1.85
Mexican Chilli Peppers	1.20
Passionfruits of the World	2.25

Flowers

COLOURFUL ANNUALS

Ageratum Blue Min ⁴	0.95
Alyssum Wonderland	1.10
Browallia Vanja	1.20
Candytuft Fairy Mixed	0.95
T & M's Dianthus Splendour Mixed	1.20
Forget Me Not Royal Blue Imp.	0.95
Godetia Squatters Mixed	1.05
Iceland Poppies Tasmanian Mixed	0.85
Lobelia Rainbow Cascade	1.45

Marigold Fireflame	1.00
Marigold Oranges & Lemons	1.10
Nasturtium Alaska (Qld)	1.20
Pansy T & M's Prize Strain	1.10
Persian Violet	1.00
Stock Pygmy Mixed	1.75
Sweet Pea Snoopea	2.25
Sweet Pea T & M's Prize Strain	1.10
Sweet William Roundabout	1.25

CHOICE PERENNIALS

Campanula Blue Clips	1.40
Campanula Jungle Bells	1.60
Carnation Giant Chabaud	
Double Mixed	1.10
Hardy Cyclamen Year Round Mixed	2.50
Dwarf Delphinium Snow White	1.95
Dianthus Microchip F010	1.45
Hollyhock Powder Puff	1.10
Iris Pacific Coast Hybrids	1.50
Lupin Dwarf Lulu Mixed	1.30
Maiden Pink Brilliancy	1.25
Garden Pink Rainbow Loveliness	1.65
Pink (Dianthus) Spring Beauty	1.15
Polyanthus T & M's Giant Mixed	1.65
Oriental Poppy Allegro	1.50
Pyrethrum Daisy	1.10
Russell Lupin Mixed	1.10
Sun Rose T & M's Choice Mixed	1.50

FLOWER ARRANGERS GARDEN

Bells of Ireland (Molucella)	1.00
Cornflower Blue Diadem	1.00
Everlasting Flowers Mixed	1.60
Foxglove Excelsior Hybrids	1.00
Freesias Super Giant Mixed	1.30
Gypsophila Covent Garden	1.00
Helichrysrum (Straw Flower) Mixed	1.00
Helipterum Mixed	1.10
Statice T & M's Mixed	1.10
Summer Forget-Me-Not	1.50



ELITE

African Violets Rainbow Falls	2.25
Cactus Swines with Spines	2.50
Calceolaria Anytime F010	2.50
Carnation The Knight F010	3.25
Chihuahua Flower	2.25
Cyclamen Victoria	3.95
Houseleeks (Sempervivum Mixed)	1.50
Iceland Poppy Oregon Rainbow Mixed	1.95
Mimulus Calypso F010	1.95
Persian Iris Hybrids	3.35
Walking Stick Cabbage	2.50

EXOTIC FLOWERS/POT PLANTS

African Violets Fondant Cream	
F010	3.50
Bead Plant	2.95
Blue Poppy (Meconopsis)	1.65
Bonsai (4 in 1 pack)	1.95
Cineraria T & M's Large	
Flower Hybrid	1.20
Cone Plants	2.50
Conifer Trees Mixed	1.95
Garden Ferns Mixed	1.95
Flowers of the Desert	1.85
Gloxinia New World Hybrid	
Mixed F010	2.95
Ornamental Kale Peacock F010	2.50
Living Stones	1.95
Lobivia Cactus	2.10
Pitcher Plants Mixed	2.15
Primroses Giant Flowered	1.55
Tree Ferns Mixed	1.85

SIMPLICITY

Bird's Eyes	1.10
The Black Pansy	1.35
Blanket Flower	1.15
Californian Bluebell	1.15
Clarkia Pink Ribbons	1.15
Corn Cockle	1.10
Cornflower 'Frosty'	1.15
Hollyhock 'Pinafore'	1.35
Dwarf Larkspur	1.10
Linaria Crown Jewels	1.15
Lobelia 'Snowball'	1.15
Mountain Phlox	1.10
Pansy Redwing	1.15
Penstemon Hyac. Flowered Mixed	1.15
Mississippi Primrose	1.10
Red Mexican Hat	1.10
Drumstick Scabiosa	1.15
Giant Shasta Daisy Polaris	1.10
Shirley Poppy Fairy Wings	1.35
Tahoka Daisy	1.10
Venus's Looking Glass	1.10
Wind Poppy	1.15

COTTAGE GARDEN FAVOURITES

Baby's Breath (double packet)	1.85
Baby Blue Eyes	1.25
Blazing Star	1.50
Calendula Kablouna Gold	1.50
English Daisy Pomponette Mixed	1.50
Exhibition Border (Feverfew)	1.25
Marigold 'Starfire'	1.25
Meadow Foam (Fried Eggs)	1.25
Dwarf Snapdragon (6 indiv. packets)	2.50

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A Different Approach to Growing

by Alanna Moore, Randwick, NSW.

Important discoveries and research that may upgrade the quality of Life are often either suppressed or ignored if they can't be exploited commercially. Whilst Australia hastens towards dustbowl status, multinational chemical fertiliser and pesticide manufacturers happily lead the agricultural lemmings to the brink of environmental disaster. The organic alternative is well known to us all — high quality crops for low cost with lots of labour involved. The following article describes some unorthodox and little-known methods to promote plant growth, and prevent and heal plant disease.

Lakhovsky Oscillators

An important potential for healing stems from the observation that all living cells emit radio signals, and generate weak electrical fields. Research physicist Dr Herbert Pohl, director of the Pohl Cancer Research Laboratory in Oklahoma, explained his findings in an interview at the 23rd Quantum Theory Symposium in Florida last year. He discovered that electrically sensitive powders are pulled through a cell as if by a magnet, whilst their nonelectrical counterparts are not. The radio emissions (amplified during cell division) may play a role in function, growth and healing. Pohl suggests that if frequencies could be controlled, so too could the development of cancer.

Pohl's ideas are hardly new, they echo the largely forgotten research of Georges Lakhovsky, a Russian born engineer resident in Paris until the 1930s. His theories became popular in Europe with the publication in 1939 of *The Secret of Life — Cosmic Rays and Radiations of Living Beings*, now out of print. It was unfortunate timing, with Europe in turmoil, and consequently his work did not receive the recognition it deserved. Lakhovsky's new science of radiobiology bridged physics, biology and medicine and it inevitably antagonised orthodox medical practitioners.

As with Pohl, cellular radiation was the basis of Lakhovsky's discoveries. He compared the nucleus of a living cell to an electrical oscillating circuit, due to the presence of tubular twisted filament — the chromosomes — being surrounded by conducting fluid. This endows capacity and inductance, the ability to oscillate to a specific frequency. The cell thus resembles a radio receiver with its coils and circuits and is able to transmit or receive very short radio-electric waves and give rise to high frequency currents in the nuclear circuitry, which are maintained by the energy of the cosmic rays. In this light oscillatory disequilibrium may be seen as a precursor to disease, and the regularisation of the cosmic field as a key to healing.

In 1923 Lakhovsky's new invention — the radiocellulo-oscillator — was used successfully to treat and cure geraniums innoculated with cancer, utilising ultra-short Hertzian waves.

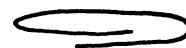
A second series of experiments using an oscillating circuit, that is a loop without artificial excitation, proved equally successful. This circuit, Lakhovsky explained, creates a resonance between the constant field of atmospheric cosmic waves necessary for local harmonisation. The restored cellular oscillations then impart more regularised cell division, greater immunity and resistance to disease, and the ability to withstand insect attack. The circuits were then eagerly applied to patients in many European and American hospitals and nursing homes, and also to animals.

Lakhovsky was also the first person to experiment with high frequency electro-magnetic waves in biology, paving the way for the first International Congress of Radiobiology, held in Venice in 1934.

The empirical value of his inventions, supported by astonishing photographs of regenerated tissue in plants and animals, gradually silenced the hostile critics and sceptics around him. Lakhovsky, a prominent anti-Nazi, fled to New York, where he died in 1942 aged 73.

MAKING YOUR OWN OSCILLATOR

Cut a suitable length of wire, copper preferably, and make a loop with ends apart as in Fig 1. You can place it around your sick or weak plant with wooden supports, or string. But first you must ascertain the polarity of each end, because the negative end must be on top. Dowsing amplifies our sensitivity to normally imperceptible states of energy, and we all may develop this inherent ability. The dowsing fraternity is pioneering research in oscillators, the subtle energies, and agriculture.



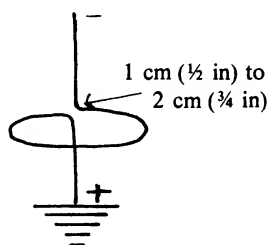
To dowse polarity, find or make yourself a pendulum from any small object dangling on a string. A bead, pendant or pebble with about 15 cm (6 in) of string would be suitable. Obtain a battery in order to compare the two terminals by dowsing. Make sure you are comfortable and relaxed, and not about to be distracted. Then swing the pendulum in a straight up-and-down movement over one end of the battery. Eventually its movement will change to either a clockwise or anti-clockwise rotation — the direction becoming your code for finding other polarities such as male/female seeds, acid/alkaline states, or generally yes/no answers to questions. When you have established a response for negative, apply your new skill to the ends of the oscillator, and position the negative end uppermost.

TREE OSCILLATORS

Frank Moody, 82-year-old veteran Australian dowser, is a leading exponent of environmental healing with oscillators. His design of an upgraded Lakhovsky coil was published in the June 1980 *Journal of the British Society of Dowsers*, and a later article described one of its most spectacular applications. A sheep station had a large area of eucalypts, thirty to forty feet tall, suffering badly from dieback due to beetles. Frank, who is sought after the world over for his work, proceeded to install two of his coils, of 0.9 m (3 ft) diameter, back to back, 4.5 m (15 ft) up a dead tree. New leaves appeared within three

days, and now thousands of the trees are restored to vitality, with a full quota of leaves. All from applying two pieces of wire!

To make a 'Moody Coil' for a tree you can use 12 gauge fencing wire. Loop it around the trunk, with a 45 cm (18 in) antenna extension running up from the negative end, and an earth lead running down to the ground from the positive end — both ends stapled in place on the tree. Keep the coil parallel to the ground with timber supports nailed in position.



Anyone wishing to try the coils is welcome to call upon members of the Dowser's Society of New South Wales for assistance. Contact the secretary, Alanna, on 02-399-3286, or write to 17 Blenheim St, Randwick 2031.

Raising Soil Vitality

Often it is the degraded condition of the soil which has caused failure of the normal cellular oscillation. Raising the soil's vitality may impart healing and resistance to attack by pest or pollutant to a sickly plant. Here are a few unusual approaches.

REMINERALISATION

In 1893 Julius Hensel in Germany was able to demonstrate that a good mix of various ground stones applied to agricultural crops would give top quality results. For his efforts he was attacked by supporters of chemical concerns with Justus von Liebig's doctrine of advocating concentrated artificial mineral supplements. Later in his life Liebig acknowledged the incompleteness of his understanding, but industry chose to ignore him.

John Hamaker is currently promoting remineralisation, through his book *The Survival Of Civilization: A Focus on Three Problems Threatening Our Existence*, and an international network of Hamaker coordinators, now establishing themselves in Australia.

This method involves grinding gravel and stone into a very fine dust that must pass through a 200 mesh screen, then occasionally applying it around the base of plants, at a minimum of one ton per acre; or applying it beneath the newly planted. It then feeds and activates the micro-organisms in the soil, increasing plant vitality, quality, size and resilience to attack.

Swiss orchardists and gardeners have been using this method for forty years and in Germany threatened forests have been successfully hosed with mineral dust to protect them from acid rain. In Australia trees suffering from dieback have regenerated rapidly upon remineralisation.

REJUVELAC

A potent supplement to feed urban or indoor gardens can be made simply and cheaply with water and organic wheat grain. A source of valuable minerals, vitamins and life-force for plants and humans alike, Rejuvelac is an excellent tonic. Just soak a handful of wheat (Russell's brand for sprouting is

ideal) in a jug of water and strain it off every 12 hours or so, reusing the wheat over four or five days, and give your garden a treat.

BIODYNAMIC FERTILISER

Biodynamic gardening was the subject of an excellent 'Big Country' TV program last year. With surprisingly sensitive coverage the teachings of Rudolf Steiner were presented by their Australian exponents — a vision of agriculture in tune with natural forces, and a reverence for the earth and its myriad life forms.

Alex Podolinsky is Australia's only producer of the biodynamic fertiliser 500, which has transformed many farms with its enormous vitality, and found many converts from the disillusioned chemical farming brigade. On his farm in Powelltown, Victoria, Podolinsky annually buries cows horns packed with cow manure underground during the cold winter. The manure when recovered has the transformed appearance of black plasticine, and only tiny amounts are necessary when used as a spray over crops. Preparation is slow and labour intensive but, for Podolinsky, a labour of love.

Sonic Supplements

Research is currently underway into the potential of using sound to stimulate plant growth, either by playing music or with ultrasound. In America Dan Carlson's experiments have resulted in a treatment technique combining high-frequency sound — ultrasound — with plant hormones and a multi-mineral chelate, which greatly accelerates growth and yield, whilst improving the flavour of food crops.

Sound in the eight kilohertz range, superimposed on a music tape played to the plants before and after their spraying with the XL-27 formula, causes the plant cells to open and absorb more nutrients. Once growth is accelerated this way, it continues for years.

Carlson is listed in the *Guinness Book of Records 1979* for growing a Purple Passion Plant, normally 45 cm (18 in) long, to 1300 in, by using his methods. His company Dan Carlson Scientific Enterprises Inc, 708 119th Lane, NE Blaine, Minn. 55434, is successfully expanding onto the international scene.

References

The Waves That Heal — The New Science of Radiobiology, by Mark Clement.
Journal of the British Society of Dowsers, Dec 1983.
The American Dowsing Quarterly Digest, May 1984 and Feb 1985.
Dowsing News, Nov 1984.



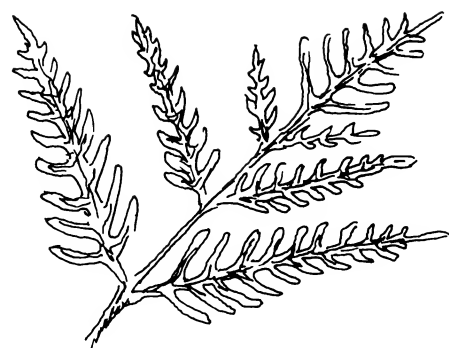
Handy Hint

Shearers will find that their combs and cutters will remain polished and free from dust during the off season if immersed in flour. This also has the advantage of requiring no cleaning when the gear is to be used — just brush off the flour.



Eradicating Bracken Fern

by Helen Byles, Busselton, WA.



Sandy and Greg's letter in GR 52 asked for ways of eradicating bracken fern. We coped with it by regular cultivation of the area where it grew, mowing the tops off when they regenerated and trying to keep sufficient pasture around so that the movement of cattle over the bracken fern would break it down and trample it.

However I was curious enough to dig out two old books of farming hints — the fourth edition of *The Weekly Times Farmer's Handbook* and the 1946 printing of *Handy Farm and Home Devices* — to see what methods had been used back in group settlement days.

Old methods of eradicating bracken fern relied on bruising or breaking the plant's stems so that bacteria and fungi might enter the fern's system and cause the underground rhizomes to rot. The simplest method of doing this was to harrow the paddock with a tractor, horse or donkey. The heavier the harrow the better — chain harrows and railway iron harrows dragging weights were used. Fig. 1 is an illustration for one of these harrows made from scrap iron and plough chains. Another method was rolling the bracken fern and I imagine a concrete roller would work, although the one mentioned in the manuals is a flanged iron roller.

The bracken was usually broken down in early spring and broken a second time when regrowth occurred. The land was then heavily fertilised and sown to clover.

Where the bracken fern was in a thick stand and well-grown it could be sprayed with a 5-10 per cent solution of sulphuric acid. Another idea was to spray broken bracken fern stems with a solution of nine parts of sodium chlorate to ten parts of water. It is suggested that a red dye be used in the spray so that the area covered is visible. I don't know whether this chemical is available and/or suitable to use.

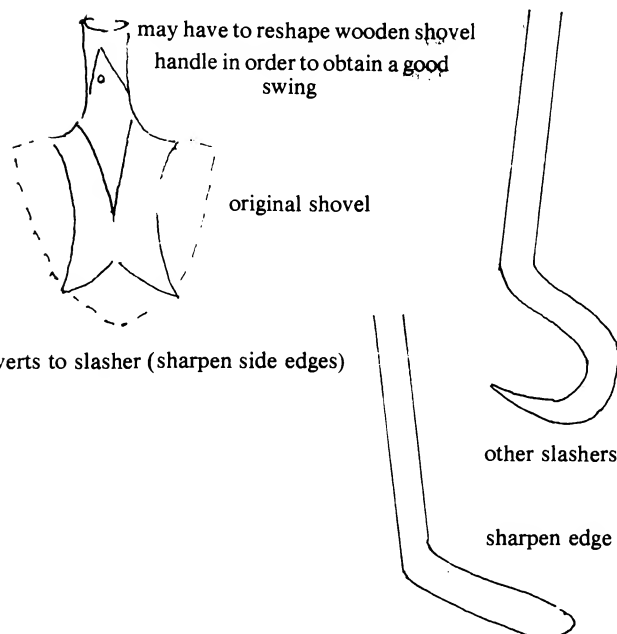
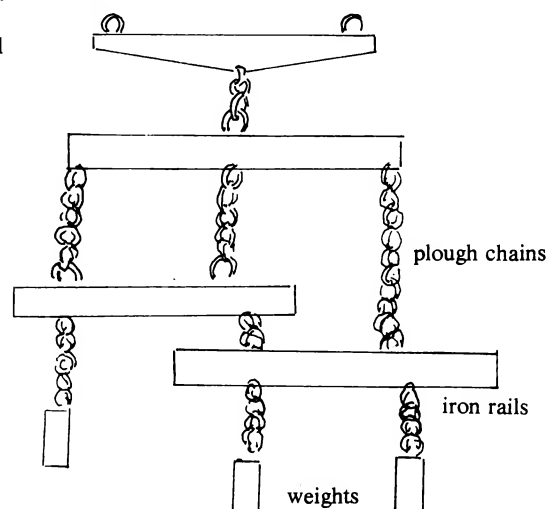
For those masochists who like to toil, the old hand-slasher is a useful tool. It has a wooden handle approximately 1.2 m (4 ft) in length and a long flat metal head at an angle to the handle. It is swung from side to side and chops the heads off the fern. I can guarantee excellent arm, back and shoulder development using a slasher regularly, not to mention loss of fat, sweat and problems associated with insomnia. The diagrams show some types of slashers. A slasher can be made from a worn-out shovel but even a bent stick can be used for bashing the heads off fronds and probably no walk around one's property should be undertaken without one. A scythe is similarly useful, or a hook on the end of a pole.

Probably the main weapon in the fight against encroaching bracken fern is persistence, and whether you set yourself a pattern of harrowing an acre of it flat every two to three months or decimating three square metres every Sunday with whatever weapon is handy, you will win in the long run.

Happy bracken bashing!

railway iron harrow

fig. 1



What is 'Natural?'

by Stephen Robertson, Goongerah, Victoria.

Judging from the response my letter (GR 48) received in the Natural Goat Care article of GR 50, I think I may have offended GR's resident goat expert. In retrospect, it was unfair to say that Mrs Coleby's incidence of problems was high. Compared to many dairys with a relative number of animals, it is fairly low. But she is probably the most read goat adviser in Australia and this puts her on a pretty high pedestal.

I will endorse using minerals and vitamins instead of orthodox chemicals any time and I'm happy to agree that Thibenzole is the least toxic allopathic anthelmintic in the veterinary cabinet. But the column is entitled Natural Goat Care, and with this I disagree. It would be great to see someone with Mrs Coleby's experience and scope of knowledge giving greater mention to herbs, and using bio-chemic, homeopathic and bach-flower remedies.

The articles in *Grass Roots* on animal keeping sometimes just don't compare with the strictly organic approach in just about every article on plant care. In GR 49 for example, there was an article 'Keeping Horses in a Drought' which recommends drenching every six weeks, plus one or two vet stomach drenches a year. I would rather see Peter and Sue's regime for horses followed than see an animal suffering malnutrition, but management that requires using chemicals just does not seem to be in keeping with *Grass Roots* philosophy.

At times compromises have to be made. But if you're not honest to yourself about keeping your animals naturally, you will not strive to improve your husbandry with holistic methods. I know it is simpler to have some cabbage seedlings demolished by white butterfly than to bury a goat you have been pumping garlic oil capsules into. Unfortunately it seems that once people lose an animal they have been treating with holistic methods, they bury their faith in nature along with the animal. This often happens in the early days of animal keeping when idealism is high and experienced management low. As time goes by the idealism (using herbs etc) goes down and the management's ability goes up, achieving (seemingly) superior results from playing it straight.

Worm infestation, mastitis and other ailments of stock can all be cured, or better still prevented, using natural methods. Herbs used must be organically grown, and preferably fresh or recently dried. They don't usually work with just one application like chemicals. Adult animals that have not come across herbs before often will not eat them and when making a tea to dose them with you will need to know whether a decoction to extract primarily the mineral salts and bitter principles of the plant, or an infusion that retains the vitamins and volatile ingredients is what's required.

To worm my goats I hang tansy up in large bunches on the hay rack and tie other bunches along the fence (so the bullies can't hog it all).

The same herbs seem to differ from region to region. When I lived on the central coast of NSW my goats wouldn't eat wormwood but down here in north east Gippsland they will eat it.

I've used commercial herbal preparations of all sorts with little success. I've tried soybean extract, garlic oil capsules, wormwood tincture and male fern oil as de-wormers, all with little or no success. I've seen a friend spend a small fortune on Echinacea tincture, imported from England, to cure the hard udders his entire herd had and it didn't work. He then obtained a locally made tincture that did work.

So if a natural treatment is not working call the vet or pull out the vitamin B12 syringe or whatever but appreciate that it was your application not Nature that failed.

After my letter in GR 48 was published I received a letter from a gentleman named Tom Simpson, who has been keeping dairy goats for 60 years. Probably making him the most experienced goat keeper in Australia. He has judged at many shows and sold goats all over Australia. Tom tells me that he does not see the need for chemicals and has not used them. He has had very few health problems with his animals and very rarely have any died before reaching a ripe old age. He has passed on some excellent old-fashioned remedies to me. 'For bloat use carb soda, never fails' is a small quote from one letter.

Wishing readers the best of health for themselves and their animals.

Editor's Challenge

Well Stephen, Pat Coleby's treatments may not all be strictly natural, however at least she is prepared to share her knowledge and give the readers the benefit of her experience. It is all very well to adopt a perfectionist approach, but until access to the natural remedies you talk about is available, those of us who are not aware of the possible alternatives must just do the best we can.

If you have had experience treating animals using herbal, biochemic, homeopathic and other natural remedies, why not share this information with us all instead of dangling it tantalisingly in front of us like a carrot before a donkey. Tell us exactly what quantity of carb soda Tom Simpson uses to treat bloat and what natural remedies you use to treat any illnesses or problems which affect your goats.

Without information or knowledge to back them up, your words lack integrity and originality and are nothing more than a petty criticism.

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Hot Water Problems

by David Gibson, Murrumbateman, NSW.

Three years ago we became the proud owners of a new house that we designed ourselves and had built on one hectare about 40 km (25 miles) from Canberra where I work. The location was chosen carefully so I could easily catch a commuter bus. The total trip takes an hour, but that is a small price to pay for escaping from suburbia, and gives time to catch up on reading. It has also saved us from having to become a two-car family.

At an early stage in our planning we decided to have low-pressure solar hot water (tank in the roof, separate from the panels), with a water jacket in the slow combustion fire with which we hoped to heat the whole house. We also decided that although the house was to face north and have several large north facing windows (sheltered in summer by a pergola, with deciduous vines in the long term, but shade cloth for now), it would have low thermal mass apart from the concrete slab floor. This was so the house would cool quickly on summer evenings (the Canberra region gets cool easterly 'sea breezes' at about 7.00-8.30 pm after many hot summer days), and so it would heat quickly in winter when the fire was lit. The brick veneer exterior walls were insulated with R 1.5 fibreglass batts and the ceiling with R 2.5.

The house is open plan, with living, family, dining, and kitchen areas all adjacent and open to each other, and three bedrooms off the family room. A short passage leads to the fourth bedroom, laundry, toilet and bathroom. To accomplish this layout, the house had to be basically a stout 'T' shape, with living areas in the stem of the T, and bedrooms across the bar. The stem of the T points a little east of north.

The overall concept has worked quite well, but we have to close curtains on two east-facing windows on summer mornings, even though they are largely protected by the pergola and shade cloth. The sun provides winter daytime heat on most days, and the fire (a NZ-made Schooner) in the family room heats the whole house (150 sq m) at night. It won't go for 15 hours at a time without reloading like the more technically advanced Bruggers, firstly because one third of the firebox is taken up by the water jacket, and secondly there are a few air leaks around the door and pipe outlets, but it doesn't need to. On cold winter nights (down to -5 degrees or so) I load the fire up before going to bed and turn off the air as much as possible. Eight hours later there are still plenty of hot coals and the temperature inside the house is about 13-15 degrees. It is hard to gauge the amount of wood we use, but it would have to average about 25 kg (55 lb) per cold winter night, and more if the fire is going through the day when it is cloudy.

However, the amount of hot water generated by the water jacket in the fire is disappointing, especially after

hearing about people with slow combustion stoves having boiling hot water. In summer hot water is up to 75 degrees, but in winter the unboosted water temperature is usually about 40-45 degrees. This is fine for showers and washing clothes (even nappies), but not so good for greasy clothes! This low temperature is probably due to the 15-degree slope of the solar panels, which is far less than recommended for our area (in planning, we decided that this would be okay as we hoped the fire would provide plenty of hot water) and the fact that the house is so efficiently heated and insulated that we don't need a raging fire to keep the inside temperature at 20 degrees. In fact, it seems that when the fire is turned right down for overnight burning, the water jacket is hardly generating any hot water at all!

After Ewan was born in mid-April 84 and I was helping out at home for a couple of weeks, I decided to switch on the electric booster and record daily electricity use. We had decided not to put the booster on offpeak, as we had not expected to have to use it except in extreme cases. So I read the meter every morning for several days with the booster on, and then for several days without. Of course we used a tremendous amount of power on the first day while the tank heated up to the 70 degrees the thermal cutout was set at (we were disappointed to find out that it is not adjustable — it is far too hot for our needs — and that the whole tank is heated rather than the top part only, as in some other types of solar hot water tanks. Usage then settled to 15-18 kWh a day. After switching the booster off, this dropped to about 7 kWh, which was the same as our average consumption for the quarter ending March. So we were using an average of 9-10 kWh a day for hot water. But how much? One hot nappy wash (40 litres), on some days a warm clothes wash (average 20 litres a day), two short showers (15 litres), baths for 2-year-old and baby (10 litres), and two washups (15 litres) adds up to 100 litres. Another 20 litres was probably used in running cold water out of the hot water pipes, a real minus for the large diameter pipes necessary for low pressure systems. We specifically made sure that no other hot water was used.

Now my table of energy conversions says that 1 kWh is equivalent in energy to 210,000 joules (860,000 cal), ie 1 kWh of electricity should heat about 860 litres of water through 1 degree, or 86 litres through 10 degrees and so on. Since the fire and sun were heating the water to at least 40 degrees, the booster should have needed to provide a maximum heating of only 30 degrees. However, the 9-10 kWh average consumption by the booster theoretically should have heated 120 litres of water through 65-72 degrees! I can only conclude that more heat was being lost from the system than was being used to boost the water we were acutely using. Some heat may have been lost in feeding the drippers which prevent the panels from freezing up at night. But the rest must have been lost by radiation from the tank (which is insulated) and the 25 mm (½ in) copper pipe that goes to and from the panels and water jacket (all are roughly 8 m or 25 ft long) and the pipes to the taps. All these except the feed line to the panels are lagged; the heat loss would have been much more if they weren't.

We didn't put up with this waste of electricity and again settled for heating the old black kettle on the fire for washing

up at night, and the electric kettle during the day when we really need hot water (5 minutes at 2400 W uses 0.2 kWh to boil 2 litres of water), saving ourselves 800-900 kWh per quarter. This would have paid for most of our firewood if we were buying it, but as we are scroungers, it went towards other useful things. Are you paying too much for adequately hot water by unnecessarily using your solar booster?

Hi, my name is Sally Hendrie, I'm nine years old. My interests are horse riding, sports and school. I live in a town called Kinglake. I would like a penpal between nine and eleven years old.

29 Victoria Rd, KINGLAKE 3763.

Hi, my name is Sascha McKell. I am writing again because I would like some boys for penpals. Girls can write too, but I would like it if some boys wrote. I am 10 years old and I am in grade six. My birthday is on the 25th of May. Could a girl by the name of MERINDAH who wrote to me please reply. I don't know her last name but she forgot to put in her address.

YEUNDUMU via ALICE SPRINGS 5751.

CRYPTIC GRASSWORD

Continued from
page 56

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2. Spiritual Healing and Meditation Centre.
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Contact:

DR. COLIN YOUNG

96 Kiora Road, Miranda, N.S.W. 2228
Telephone: (02) 525 8795

PENPALS

Hi! My name is Kakala Mahae. I live on a farm near Bundaberg. I am 9½ and am looking for girls up to 12 years to be my penpal. My hobbies are cooking, Barbie dolls, crafts. My job on the farm is to look after the hens (Dad helps me with them). I sell the eggs for pocket money. Write soon please.

MS 368, BUNGADOO via GIN GIN 4671.

Hi! My name is Natalie, I'm 14 in March. I have blonde hair, brown eyes and tanned skin. I would like a penfriend from anywhere in Australia, either male or female. My hobbies include most water sports and collecting soaps and china clowns. All letters answered.

Natalie Walmsley, 99 School Rd, BRISBANE 4123.

Hi! My name is Emma. I am 10 years old and I would like a penpal around my age. My hobbies are horses, stamp collecting, writing and reading. I am also interested in gymnastics. I will answer all letters.

Emma Gibson, PO Box 156, LATROBE 7307.

My name is Amand Carter. I am 14 and I would like a penpal between 13-14. My hobbies are writing, netball, tennis. I like animals, especially dogs and rabbits. If you would like to write to me my address is:

Epworth House, 127-129 Sunderland St, Houghton-le-spring, TYNE & WEAR DH5 8BG, ENGLAND.

My name is Joshua Wellman, I am nine years old and my hobbies are gardening, listening to records. I love chopping wood, working on our farm and also swimming or gymnastics. Please write to me at:

Wandean Rd, WANDANDIAN 2540.

Hi! My name is Min Porter. I am 11 years old and would like a penpal (boy or girl) about the same age. I enjoy swimming, horse riding, roller skating and collecting earrings and posters. All letters will be answered.

59 Dickers Rd, AMBARVALE 2560.

Hi, my name is Emma and I am 11 going on 12. I would like a female penpal who is the same age. I enjoy most sports and my interests are bike riding, listening to pop music, letter writing and reading. I also enjoy going to the movies with my friends. I live with my mum and my brother in Perth.

Emma Taylor, 1 Varcoe Rd, KOONDOOLA 6064.

My name is Colin Norman and I am 12. My interests are BMX riding, reading, astronomy, craft, cooking, mudbrick making and I am getting an Illawarra calf. Brenton Norman (8½) and Gillian Norman (6½) would also like penpals.

'Archerfield', SINGLETON 2330.

Hi, I'm 12 and looking for a penpal 11-20. My interests are animals, writing letters, horse riding and other horsey aspects. Please write. All letters answered as soon as possible.

Caroline Dunn, 38 Belmont Rd, STH CROYDON 3136.

Hi, my name is Taryn McKell, I am seven years old and would like some penpals. My birthday is on the 18th of February. My hobbies are basketball, collecting photos and lots more. I would like a penpal the age of eight please.

YEUNDUMU via ALICE SPRINGS 5751.

My name is Amanda. I am eight and I go to a Steiner School. We have chooks, ducks, bees, a galah, a dog and a cat. I like to go snorkelling and watching nature. I would like a girl penpal about eight years old..

Amanda Moore, 3 Kensington Rd, BOLWARRA 2320.

Hi, I'm 15 years old (almost 16) and I'm looking for penpals to write to from all over the world. I would really like to write to someone who lives in Germany or Austria. All letters answered.

Shanni Smith, 26 Pandora St, BRISBANE 4123.

Hi, I am 12 years old and would like some boy or girl penpals of any age, preferably overseas or every state except NSW. My interests are stamp collecting, tennis, netball and having fun. Will be writing back to every reply.

Julia Bailey, RMB 126B, Nundle Rd, TAMWORTH, 2340.

Down home on the farm..

by Meg Miller



Tonight we've been luxuriating in front of the lounge room fire. The occasional snap and crackle, the whisper of soft blue and yellow flames and the rich, homely aroma of gumleaves and smoke... And in early March too! Three days ago the whole state was on fire alert. The anticipated temperature was to be so high we felt it sensible to cancel a trip we were to make to the other side of Melbourne delivering turkeys. It was too hot to travel, to leave young birds unattended and to leave the place, especially with north winds predicted for later in the day. As well, the SEC were to carry out repair work and our district was to be without power for the day; an unpleasant thought for those like us whose water supply depends upon an electric pump.

We were up early to wet down chook houses and yards, fill all available buckets and water some of the struggling garden. We even remembered to half fill the bath, thus upsetting the cat who seeks refuge there on very hot days, but delighting a tired sticky Sunshine later in the day. David and I sweated it out in the office in the dim light and were grateful when the power came on again much earlier than expected. We were even more grateful later when strong winds arrived accompanied by a cool change that sent us hastily looking for warm clothes.

Today even cooler weather materialised together with a few showers of rain. Whilst not a real downpour, there was enough rain to wet the first inch of soil, send birds scurrying off for shelter and bring life to much of the limp garden. 'It's winter' Sunshine announced triumphantly, 'just the day for a fire'. I was about to dissuade her — the kindling would be wet through, the chimney needed cleaning out and so on — when I thought, why not. She spent the afternoon curled up in an armchair reading in front of the fire with the biggest grin on her face I've seen. Outside her friend the cat dementedly paced the verandah, wailing, because she also knew it was winter and that there would be a fire going but I wouldn't let her in. Later, when I had a few minutes spare I too sank down in a deep chair and soaked up the feeling of relaxation that steals over the body when one's eyes are mesmerised by the flickering flames and one's spirit temporarily wafted off to another land.

It's not wintertime here of course, just an unusually cold spell, typical of the unpredictable weather we've had this year. It's been such a strange season, with little of the intolerable heat characteristic of this region. We've all been waiting for high summer but it seems our wait is in vain, perhaps another vagary that can be attributed to Halley's Comet!

I've felt a nip in the early morning air these last few days that wasn't there a week or so back and a dewy dampness emanating from the earth that holds a promise of autumn creeping closer. This is my favourite time of the year, in fact *our* time as David also really loves it, a time when we've been able to regain the energy and enthusiasm for life that burns out during the hotter months. Things start to happen around the place — garden beds turned over, seeds planted, chook houses cleaned out and sprayed, the Guinea droppings under the peppercorn raked up, the yard tidied and rubbish dispatched to the tip (where it probably came from anyway!), wood split and stacked

undercover and kindling collected and put away for the winter months ahead. Over on the farm there's even more work with much of it being a continuation of what we've been doing — endless hours of rounding up sheep and bringing them into the yards or chasing uncooperative cows and calves that breakaway when the herd is being moved from one paddock to the next.

We go over to the farm most Saturdays after Sunshine has finished work at the cafe down the road, and even though it's only for about five hours it's usually pretty strenuous and full on. We punctuate the work with a picnic, usually scones or some cake, and take a few minutes to lie back and listen to the birds and smell the mountain air. David tries to find a day during the week and goes over to tackle fencing repairs and other time consuming work that can be done on his own, leaving the jobs that require several pairs of hands (or should I say feet!) for when we're there. Goodness knows when we're ever going to actually live there as we still haven't even reached a consensus on the house design!

Although it is my favourite time of year and I'm eagerly looking forward to evenings in front of the fire, hearty food, and afternoons outside working in the bracing air, it's a sad time this year. My dear old cat who is almost fifteen is becoming weaker, her eyes more cloudy, her behaviour bizarre and I know the decision of 'when' is becoming daily closer. Whilst I don't condone cats and their massacre of native wildlife, I wouldn't have been able to make the decision Joanna Talberg wrote about on page 56. Dear old puss has been a good friend and always there when she was needed. She started 'work' on GR around issue 5 and would sit behind me on a chair into the wee hours, incessantly purring. Over the years she has continued her support, waiting most nights (well, maybe not in the dead of winter) for me on the office doorstep, even though it might not be until two or three o'clock in the morning, and always being prepared to accompany me on a final checkup of the chooks. When we've been away for the day and arrived back late you could tell just how overdue we were by her proximity to the gate. The later the hour the further down the drive she would go, but she's always been happy and grateful to see us. She's been a blighter too, catching and killing my pet quail when it got out and I'm sure she used to steal baby chicks in her youth. She also waited knowingly for the young willy wagtails to topple out of their nest and would leave their little feathers on the doorstep. But she's always been part of the family — Sunshine's buddy and bedmate, my accomplice with the chook work, and confidant. Her time is up now (after numerous false scares over the years), her job well and truly completed. Her days are spent sitting, her head slowly dropping down as she nods off. And whilst her imminent departure is sad, our hearts are not heavy. But I suspect there is going to be an emptiness around here for a while, no one waiting up for me when I finish at night, No whiskered face checking the incubator shed for mice, no thief ripping off food from the table or licking the butter, and no little round shape hogging the open fire all winter long. But as that bittersweet old English folksong goes, 'there is a season and time for every purpose under heaven'.

GRASSIFIEDS

We have had numerous requests from readers to print the state at the end of each ad. But as this takes up extra space, here is a key to help you decipher the postcode system.

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VIC	3000 plus	WA	6000 plus
QLD	4000 plus	TAS	7000 plus

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MOUNTAIN RETREAT situated on foothills of Brown Mountain, Snowy Mountains Highway, BEMBOKA — 100 acres all told. Medium timbered land, 40 acres lush tropical rainforest, tree ferns and rock orchids in abundance. Flora and fauna to be admired. Only 1½ hours to ski fields, ½ hour to beach. Ideal location, excellent for farming deer or possibly nursery. Can be completely self-sufficient. Easy access, 4WD not necessary. Small cedar cabin, newly built with loft, fully equipped kitchen and potbelly stove. Permanent mountain stream through property. Backs on to state forest. Must be seen to be truly appreciated. Reluctant sale, \$60,000, open to negotiation. Ph: 02-882-006.

FORGOTTEN VALLEY — fat cattle property — 137 acres. Rare wilderness property with stud farm potential. Combines magnificent spring-fed lagoon with turtles swimming free, surrounded by lush pastures with fenced paddocks at front rising gently to forest covered valleys, ridges, and plateaux. Wildlife galore. Intriguing hideaway property with money spinning potential. \$25,500 easy terms arranged. Northern NSW. Ph: 02-909-1989, AH 02-908-1291.

MID-NORTH COAST — approx 14 acres original selection (not subdivision) former dairy farm. Land rested many years, permanent creek, unpolluted. 10 minutes Pacific Highway; 25 minutes beaches. C.app pole-frame mudbrick house, 12 V power, workshop/visitors' quarters. Currently used as religious retreat. \$100,000. Prenter, ph: 065-699-362.

NIMBIN — 10 acres, partly built stone and timber house, view to water fall and Nightcap National Park. Clear around house, large creek, swimming hole and all weather access. \$40,000. Ph: 066-891-487.

SECLUDED 18½ ACRES gazetted wildlife refuge, mainly natural forest. 2 acres bananas, power available, state forest on 3 sides, 15 minutes Coffs Harbour. \$45,000 ONO. Ph: 066-536-235.

CENTRAL WEST — 1114 acres, Eumungerie area. New 6 sq colour-bond cottage, 4 rooms, verandah, insulated, lined, wired for elect., 6000 gallon concrete tank, steel machinery shed. Power, phone & mail at front, 3½ miles to school bus. About half cleared plus about 350 acres easy clearing. Level sheep and farming country, 4 dams, boundary well fenced. Good climate, 23 in rainfall, only 32 miles Dubbo, 22 Gilgandra. \$85,000. My agent is Denis Sleight & Co, DUBBO. Ph: 068-818-333, AH 068-829-794.

SECLUDED VALLEY, quiet retreat, nestled in hills, ¾ acre, renovated cedar home. 15 km to Mullumbimby, Northern NSW on sealed road. Upstairs 2-B/R plus sunroom, separate lounge and dining room, kitchen, laundry, bathroom, separate toilet, verandah front and rear. Downstairs garage, plus large rumpus, entertaining, or studio area. Electricity, solar hot water, 5000 gal concrete rainwater tank with pressure unit. Septic, phone, potbelly stove. Fenced, landscaped and fruit trees. Nothing to spend. \$68,000. Ph: 066-845-241 or PO Box 274, MULLUMBIMBY 2482.

FARMLLET house, five acres fertile soil. Permanent creek; beside small Darling Downs town; crown land tract adjoins. 3-B/R house; power, phone, septic, spray irrigated gardens and orchard, pigsty, goat house, chook run, large workshop. Ideal for new start in bush. \$55,000 ONO — must sell. Peter, ph: 065-433-073.

5½ ACRES FREEHOLD, 3-B/R fibro home. Renovated kitchen, lounge/dining, WC, sunroom; carpets throughout, slow combustion heater, curtains, light fittings, power. Double garage/workshop, overhead water tank, pump, bore, fully fenced and irrigated, school bus. \$55,000 ONO. Ph: 069-549-173. COLEAMBALLY NSW.

KYOGLE/ETTRICK — approximately 6 acres. Permanent water, 2 creeks, power on block, excellent home sites. Bitumen road frontage, bus passes gate. \$30,000 ONO. Ph: 02-522-7136.

NSW — 400 ACRES 45 km west of Nambucca Heads. Rainforest valley adjoining state forest. Permanent river running through centre of property. Small comfortable home and gardens in breathtaking position. End of the road location and completely private. \$105,000. Ph: 065-642-244.

URALLA — 2 ACRES northerly aspect, nicely treed. 2 cottages, 1 old, 1 new. Slow combustion stove, good size kitchen. Furnishings, builtins, potbelly stove, music equipment and much more. Large vegie and herb gardens, young fruit/nut orchard, watered gravity fed dam. 8000 gal tanks, sheds, fowlrun, tractor and more. \$36,500. Mark Danilo, PO, KENTUCKY 2354. Ph: 067-787-388.

TINGHA NEAR INVERELL — picturesque setting with large trees, shrubs, fruit trees, vines, 3¼ acres timber. Dwelling; 3-B/R, 2 sleepouts, lounge, hall, bathroom, 2 verandahs, sunporch, kitchen, has electric stove, woodstove and heater, carpets, curtains, electricity, phone, septic, sheds, rainwater tanks, dam, permanent creek, engine pump, pipes. On same land large timber building previously used for popular tourist attraction; could be converted into flats or second home. Electricity with fluorescent lighting connected. Urgent sale \$36,500. Ph vendor: 067-224-976.

NORTH COAST OF NSW, 30 km east of Grafton, 20 km to unspoilt coastline — 142 acres well timbered mountain section, rainforest gullies down to arable cleared flats. 3 dams, self contained pole-frame cabin, 60 x 20 machinery shed. Rebuilt diesel tractor and implements, pump, diesel generator. Rapidly growing alternative community. Picturesque property in Australia's best climate, all set up for self-sufficiency or commercial enterprise. \$80,000. Ph: 066-448-337.

FOR SALE — STONE HOUSE, cellar, attic. Part historic inn complex, circa 1859. Tree-lined ¼ acre block in Snowy Mountains village. Many possibilities. 2 living units/home/shop/office. Private retreat, resident artist. Near snow/beach. \$45,000. Apply Patricia Meyer, PO Box 32, NIMMITABEL or ring 63 evenings.

ARCADIA, NW EDGE of Sydney — 25 acres of bushland, adjoining national park. Modern B/V house, 3-B/R, study, double garage. Electricity, phone, 7000 gal water tanks. Fenced vegetable area. Undisturbed Hawkesbury sandstone flora and fauna. State and private schools nearby with buses. \$195,000. Ms M. Sharples, 229 Calabash Rd, ARCADIA 2159. Ph: 02-655-1650 AH.

ARALUEN VALLEY — 20 acres, 2-B/R house with s/out. Large kitchen dining room. Almost frost free and high rainfall. Mostly cleared, perm water and fenced. Suitable for orchards, vegetables or cattle. Has 60 fruit trees of mixed varieties. \$65,000 ONO. Ph: 062-540-320 AH Mon-Thurs or 063-441-425 Sat-Sun.

NORTHERN NSW, 1½ acres frontage Nymboida River. Excellent views, access; power, phone handy. Small school close, level, flood free. Rates \$81 pa. Suitable home garden. \$17,000. Write M. Suters, C/- PO, BEECHWOOD 2446.

MAGNIFICENT VIEWS — 88 acres, 1 hr from Taree, near Mt George. Electricity, river front, timbered, sheds, hot water, tanks, partly fenced, dams, secluded, 4WD only near main road. Must sell. \$65,000. For further details phone Cheryl 02-542-1804. Will consider trade for part cash and property.

GRASSIFIEDS

PROPERTY FOR SALE

NEW SOUTH WALES

TAREE AREA — 12 acres solar, rock, cedar, unique home, AGA stove, open fire, 3 upstairs B/R each with verandah. 2 shadehouses, bush-house, workshop, stockyards, 8 well fenced paddocks, 4 dams, 1 with island. Windmill, creek, gravity irrigation, 70 fruit, nut trees. Garden cottage, Lister diesel generator etc. 10 km Wingham, 40 minutes ocean. \$118,000. Ph: 065-534-028.

SUPERB 80-ACRE bush block, 23 km south of Eden. State forest 3 sides. Half mile boundary on Womboy river. Mudbrick/timber frame dwelling, Everhot 204 deluxe, shed/workshop, phone, generator, truck, agbike, pump. Huge potential. \$65,000 ONO. Write 'Bushblock', Post Office, KIAH 2551. Ph: 064-969-129.

NEAR CASINO — 3 blocks of beautiful bushland. Magnificent timber, abounding with wildlife. Permit to build, ideal for farming or investment. 100 ac \$22,500; 300 ac \$29,500 (permanent creek frontage); 1200 ac \$115,000. For more details contact 047-514-848.

MOUNTAIN RETREAT — 242 acres. Large hut, garage, laundry, septic toilet, generator, solar power, wood stove, kero fridge. Permanent creek, adjoins state forest, handy Wauchope, Port Macquarie. 4WD wet weather, absolute privacy, perpetual lease. 20 acres cleared, no frost. Machinery included. \$59,000. Ph: 065-859-343.

TWO LOVELY FOREST BLOCKS, SE corner near nat. parks, state forests, beaches, nuclear refuge. 102 ac, high, views, small river front, several secluded house sites — \$39,000. 34 ac, source 2 creeks, okay to build — \$19,000. Very private but other settlers nearby. Nan Adam, 15 Winston St, LEURA 2780.

NIMMITABEL, NSW — 732 acres highway access. Bombala river frontage, creeks, dams, timber and pines, close snow, ocean and Brown Mountain. Suit grazing, crops, group partners or community group. \$102 per acre, \$75,000 ONO. Ph: 02-575-304.

TABULAM — 150 acres, freehold, 2 sides fenced, permanent creek boundary. Lots of spotted gums and ironbarks, 200 metres to highway, school bus. Drake and Tabulam 6 miles. \$25,000. Write to Wendy Knight, PO Box 234, MORNINGSIDES 4170.

TIRED OF CITY LIVING — mine your own black opal at Lightning Ridge. 2-B/R bush cottage, fully furnished kitchen with SC stove, gas stove and gas fridge; 3 miles town, school bus at door. Generator, power, dam, plenty water, grow anything. Lovely bush setting with BBQ. Priced at \$15,000 ONO. Ph: 068-290-365.

ORANGE, NSW — 540 acres, 3-B/R comfortable home, 70 x 24 shed, yards, running 500 sheep, 40 goats, 6 horses. 2 creeks, 2 dams, springs. 40 acres pasture improved, new electric pump on creek. \$130,000 ONO. Ph: 063-658-358 AH.

MID-NORTH COAST — approx 100 km north of Newcastle — 9 acres. Pacific Hwy frontage, small dam, creek with permanent holes, fenced. Suit orchard, nursery business. \$29,000, all offers considered. Ph: 049-978-139 after 6 pm.

GUNDERMAN, BETWEEN Spencer and Wisemans Ferry NSW. Beautifully terraced block of land overlooking Hawkesbury River. Old fibro house adjoining national park. Peace and privacy. \$16,500. Ph: 043-677-453.

UMINA INVESTMENT — 2 storey home. 2-B/R, sunroom upstairs, 2-B/R below separate. Metres near beach, bus, schools, clubs. Land 40 x 210 ft. \$71,950 or exchange for 5-10 acres water, electricity, cabin, north coast, not isolated. 6 Dora Rd, UMINA 2257. Ph 043-416-126.

NORTH COAST NSW — 10 acres 3-B/R weatherboard cottage. Water hole and tank wall, solar power. 3 km from beach, very secluded. Freehold title. \$65,000. Ph: 066-492-974 or write R. Merino, C/- Post Office, CORINDA BEACH 2456.

TOWAMBA NEAR EDEN, SE NSW — 16 acres bordered by state forests. North facing slopes, views, spring water. Approx 5 acres pasture, balance bush. Building permission approved. \$14,000 ONO. Write Piers Hodgson, RMB 126 Tathra Rd, BEGA 2550.

TABULAM SOUTH — 106 acres fenced, 9-sq wooden cottage. HWS gas/wood, 3 dams, established fruit trees and garden. Undulating slopes, to one km creek frontage. \$58,000. Ph: 066-663-583.

WEST OF NAMBUCCA HEADS — 119 acres in nice valley setting. Permanent creek, clear swimming hole, 10 acres of cleared rich creek flats, millable timber, pockets of rainforest. Power, phone available, possible subdivision potential. \$65,000. Ph: 065-695-154.

PICTURESQUE CROOKWELL, NSW — 2 adjoining gently sloping blocks with views to charming country town. Close to showground. \$9000 for 2. Ph: 062-480-395.

5 ACRES, 30 KM Grafton main road. Pasture improved, semi-timbered, house site cleared, good dam site, power available. \$15,000, 1/2 deposit. Ph: 066-477-138.

MUDGEES — 28 arable acres with big dam. School bus nearby, 30 km from Mudgee, very peaceful. \$23,950 ONO. Ph: 071-261-440.

NIMBIN 10 ACRES — frost free, tropical home, orchard, dam, comfortable cabin, electricity, phone available. \$35,000. Ph: 075-311-076.

**DEADLINES: GR 55 - APRIL 25TH
GR 56 - JUNE 27TH**

TAREE AREA — private yet not isolated. 451 acres of a piece of paradise. Rainforest, pasture, permanent creek and lots of potential. \$60,000. Ph: 065-526-626.

VICTORIA

YEA HIGHLANDS — 51 acres. Excellent views, permanent spring-fed creek. Government road, close to schools, 25 x 40 ft shed, suit weekend or alternative lifestyle to bring up family. Soil suit mudbrick; plenty of excellent granite for stone house. Cattle and horses grazing at present. Plenty wildlife, quail, echidna, kangaroos, bandicoots. Regret to sell, moving interstate. \$55,000 negotiable. Ph Mark or Gay 03-762-927.

EAST GIPPSLAND. Opportunity to purchase on the Bemm River 38 ac farmlet including 5 ac bush, in 6 paddocks, established pasture with prime flats. Beautifully located 3-B/R W/B comfortable home on concrete stumps with all mod cons; Rayburn HWS, gas cooker & heater; 11,000 gal con. tank plus other tanks and outbuildings. New 24 x 20 steel shed with con. floor. Established ornamental garden, 30 fruit trees, separate veggie garden, all irrigated; 4 pumps and plant included. Cattle yards, bitumen road frontage, SEC, power, primary school and shop 2 km. Asking \$78,500 ONO. Ph owner: 051-583-240.

155 ACRES, majestic views, river frontage, 15 acres organic grains. Shares valley with 3 communities and 7 small landholders. Valley residents have natural lifestyles, work well together. Readily available SEC and 4 home-building permits. \$50,000 fixed. Contact Krishna, ONTOS via BUCHAN 3885. Ph: 051-550-215.

STRATHBOGIE — 119 ac \$69,000. Hilly to undulating adjoins creek, bush, sealed road. 78 ac \$59,000 undulating. Both well treed and watered pastureland. Telephonic, SEC, near town, home sites, wildlife. Both \$30,000 deposit, interest only 3 years 12 per cent or negotiable. Dale and Rick Duggan, C/- PO, STRATHBOGIE 3666. Ph: 057-905-220.

CASTERTON, WESTERN DISTRICT, 10 km from town — 5-B/R WB house in good condition on 10 ac black soil. Guaranteed garden water supply, 100,000 gal/yr. Shearing shed, dairy, machinery and other sheds, SEC, well treed around house. \$63,000. Ph: 055-811-575 and leave message or write to Michael Fream, Box 118, CASTERTON 3311.

NOORINBEE, FAR EAST GIPPSLAND — 78 acres cleared to pasture, 40 acres forest. Well fenced with 2 dams. 4-B/R house with potbelly heater, air cond, power and town water connected. 20 x 40 ft steel shed, 1 km from main road, 5 km from small country town. Excellent for bush retreat or retirement. \$96,000. Ph: 051-586-223.

LANDSBOROUGH — 2 acres on edge of town. Fenced, shed, chook run, good soil, town water, SEC, mudbrick house started. Terms accepted on reasonable deposit. \$14,000. Ph: 053-524-235.

DAYLESFORD, GLENLYON — 20 acres cleared undulating pasture, shaded dam, shed, campervan. Adjoins state forest, fenced, views, replanted with over 100 trees. \$31,000 ONO. Ph: 03-798-2806 AH.

GRASSIFIEDS

PROPERTY FOR SALE

VICTORIA

LOCATED IN EAST GIPPSLAND, with frontage to Bemm River (A) 10 ac prime pasture in 2 paddocks with 20 x 27, 3 sided shed w/con/floor and tank. Excellent home site in most attractive peaceful setting amongst lovely trees. Bldg permit obtainable, SEC transformer and phone on road frontage. Loam soil, irrigated fenced garden. Asking \$29,500. (B) 17 ac paddock, fertile loam soils, beautiful trees, 2 good bldg sites. Telecom line on block and SEC close by bitumen road. Asking \$25,000. Both blocks are handy to Princes H/way 8 km, shop and primary school 2 km. As title acreages quoted blocks are over 12 ac and 24 ac respectively. Ph owner: 051-583-240 for more details.

26 ACRE FUNCTIONAL self-sufficient unit, 2 km from Camperdown. Situated on shores of volcanic lake. 4-B/R home, renovated, early Victorian period, complete with authentic antique furniture. Large living area with unique lake view. Good fences, sheds and yards. Breeding cows, ewes, sow, horse and equipment. Self-sufficient garden and orchard. \$180,000. Bob & Sheryl Reed, 'Gnarlbine', Princes Hwy, CAMPERDOWN 3260.

STONEFYORD — 54 acres bush block. Cleared area with shack, combustion stove, rainwater tanks, fruit trees. Building permit available. Good area for building in stone. Koalas, wallabies and birdlife. \$20,000. Ph: 052-752-571.

BENALLA, 17 KM — home on 4 acres. Plenty water, many sheds, fruit trees, SEC, phone, school bus, daily mail. Ideal hobby farm or retirement. \$65,000. Ph: 057-672-243.

255 ACRES near Stawell. A third cleared and fenced into 6 paddocks. 3 dams, SEC, hayshed. Beautiful virgin bush land. \$64,500. Ph: 053-583-427

DAYLESFORD — 2 ha (5 ac) of lovely bush land, 5 min drive to both Daylesford and Hepburn townships. Block slopes to flat area with large natural looking dam. Driveway cut. \$25,000 offers taken. For more information ph: 059-889-175 or 03-379-1688.

STRZLEKI RANGES — 5 acres mostly cleared. Gentle north slope, good soil, good access, peaceful setting. \$10,000. K. Hinchcliffe, C/- PO, BOOLARRA 3870.

¼ ACRE ON FOREST edge, East Gippsland. Shed/dwelling, SEC, phone, septic, town water, many established fruit trees, 20 mins to large town. \$28,000 ONO. Ph: 051-557-238.

BEAUTIFUL BREATH-TAKING PROPERTY — 1 ha in the heart of upper Yarra. Comprising plenty of sheds, water sprinkler system. All organic veggie garden, plenty of fruit trees, 5 productive chestnut trees. Presently used as fasting retreat. To be sold privately to nature lovers. Inspection welcome anytime. \$149,000 negotiable. Ph: 059-667-296.

VEAL FARM — 30 km from Swan Hill. 15 acres fully irrigated, sown to pasture. Near Murray river and schools. 3-B/R, laundry, pantry, kitchen, lounge with fireplace, bathroom. EHWS boosted slow combustion stove. EVA Cond. Power, phone, large new shed, other outbuildings, dairy equipment, plant. \$60,000 ONO. Contact private. Ph: 050-263-272.

NE GIPPSLAND — 172 acre grazing land. Annual snowfall, main road access, located in quiet valley, river frontage, trout stream. 4-B/R house, power, phone, sheds. Move straight in. \$90,000. Ph: 051-586-308.

QUEENSLAND

SE QUEENSLAND — 40 beautiful acres, handy town, good timber, large dam. \$12,250, 10 % deposit \$48 week. Phone Bob or Ron 071-630-344, 071-630-374 or PO Box 62, BLACKBUTT 4305.

NOOSA HINTERLAND, 25 acres. Colonial 3-B/R, 2 bathrooms, stone fireplace, in-ground pool, slate-tiled verandahs. 20,000 gallon tank, machinery shed, stables. Studio suitable in-law or guest accommodation. Cattle yards with shower. 5 fenced paddocks, creek, dam. Suit cattle, goats, horses, small crops, macadamias. \$155,000 negotiable. Ph: 02-326-1273.

BEAUTIFUL ESTABLISHED SIX ACRES, Hervey Bay area Queensland. Close to Fraser Island and beaches. Deep freshwater river frontage, light sandy loam growing 70 avocados (income producing), plus numerous other sub-tropical fruit trees. Underground trickle irrigation, tractor and slasher etc, large modern sheds. Modern block, newly renovated 4-B/R colonial homestead with attic (tradesman built). Secluded but only half mile to schools, shops, railway, doctors, library and highway. 20 minutes drive to large coastal town, population 30,000. Price \$89,000. Ph: 071-294-982.

SIX QUIET, PEACEFUL, tall timbered acres set border rain and open forests. Newly constructed unique timber horseshoe shaped pole and glass dwelling. Two-car garage, small tool/wood shed. Extensive bird life, fruit and decorative trees, veggie garden, permanent creek. Fully furnished. \$95,000. Southern end Atherton Tablelands. Terry Bull, PO, RAVENSHOE 4872. Ph: 070-976-640.

2 OR 3-B/R BUSH HOUSE — large lounge dining kitchen; pantry-cellar; 2 septic toilets; 2 showers; bathroom; laundry; verandah; carport; fowl run; tank water; bore; donkey hot water, power and gas cooking, ceiling fans, part furnished; fully fenced, school bus, shops ½ km; 1 acre MHPL. Suit art gallery, arts crafts or just look for sapphires on the gemfields. \$22,500. F. Lynch, PO Box 169, RUBYVALE 4702.

UNDULATING 5½ ACRES producing mixed fruit farm, 1½ miles from Maleny, Sunshine Coast hinterland. Next harvest kiwi fruit then avocados. Packing shed, tractor, dam, irrigation, home site with view, hydroponic igloo with herbs. Full inventory details Tanner, PO Box 21, CALOUNDRA 4851. Ph: 071-911-513.

HOBBY FARMS grow anything. One hour drive south of Cairns, 10 minute drive to Mission Beach overlooking Dunk Island. 3 adjoining blocks, permanent running creek with irrigation licenses. 2 acres \$20,000; 10 acres \$40,000; 22 acres \$66,000. Tissue cultured plants available. Ph: 070-669-214.

40 BEAUTIFUL ACRES, corner block heavily timbered cypress pine and iron bark. 3-B/R cabin, furnished. Nothing to spend to move in. 12 V lighting; 2 km school bus and mail box, 26 km town. Can also be rented until you're ready to leave the rat race. \$17,500. Write PO Box 179, TARA 4421.

MARY FARMS, Nth Qld — 120 acres freehold. Ex tobacco farm, permanent creek, 3-B/R besser block house, workers' quarters, tractor and outer sheds. 65 km from Port Douglas; 120 km from Cairns. Price \$80,000 ONO. Ph: 062-804-884 or 062-957-000 AH.

GYMPIE — **SECLUDED 57 ACRES** hilly bushland; small A-frame house on slab. State forest 3 sides. Phone, solar power, inverter, concrete tank, wood stove, hot water, shower, newly painted exterior. Permanent dam. 40 pawpaw, mango, citrus. Good access. 11 km south of Gympie. \$65,000. Ph: 065-681-606. 23 Sturdee St, MACKSVILLE 2447.

QUEENSLAND BAFFLE CREEK — 40 acres, one hour north of Bundaberg. 5-minute drive to beach. Natural bush above 50 year flood line with road frontage. \$25,000 or \$10,000 dep and take over payments. Price negotiable. Ring Ken or Lisa. Ph: 03-898-4530.

DAINTREE RIVER, QLD — 8 acres cleared, surrounded by national park. 3 sides permanent creek, good soil, high rainfall, power available. Close to Mossman, also not far from Cape Tribulation, 2 km from sea, 12 km to outer Barrier Reef. \$38,000 ONO. Lot 9 Andrews Rd, Daintree River, Qld. Contact T. Court, PO Box 647, PT PIRIE 5540.

QUEENSLAND — quiet 700-acre plateau overlooking Callide Valley, 40 km Biloela. One dam, one subdividing fence, some cleared, some cultivation, mostly red soil. Great cattle country and grow fruit trees. Price \$69,000 ONO. Ph: 079-965-213.

YOUR OWN NATURAL bush setting in cool mountain location — 50 acres with untouched bush, some flats, fully fenced, close school bus, mail, electricity. Private sale. \$30,000. STANTHORPE, Queensland. Ph: 076-811-769.

SALE OR EXCHANGE — 83 acres, 7 km PO. 40 ac cultivation, suit vegies, machinery. Small cottage, shed, permanent creek, freehold. Value approx \$80,000. Offers invited. T.D. Thompson, Box 491, Stanthorpe Amiens Rd, BUTLERS LANE 4380.

20 ACRES fully treed, good homesite. 10 mins from Millmerran, ½ hour from Toowoomba. \$8000. Call John 09-384-4858.

140 ACRES FREEHOLD, North Queensland. Open forest, hills, dam, creek, tanks, comfortable shed. \$74,000. Maher, PO, MOSMAN 4873.

GRASSIFIEDS

PROPERTY FOR SALE

QUEENSLAND

QUEENSLAND, ELEVATED ¾-acre corner block with gentle eastern slope. Quiet area, close to school, 35 km Maryborough. No services. \$4950. Ph: 03-876-4952.

SEMI-RURAL ENVIRONMENT, comfortable large better block dwelling on 3½ acres, heavily grassed horse paddock, dam and stalls, bore, tanks, garden shed, 20 mins south of Mackay. Moving south, \$50,000. Ph: 079-564-298; Ross Smith, M/S 283, MACKAY 4740.

DRAKE, NEAR TENTERFIELD — 100 acres of trees. Great view from rocky crags, bounded by permanent creek and good dirt road, highway 1 km away, Casino 30 mins. Offers around \$21,000. Ph: 066-886-356.

90 ACRES, NUMINBAH VALLEY — rainforest, 3 building sites, beautiful views, bore water, fruit trees. Close to Gold Coast, one hours drive to Brisbane, suitable for alternative lifestyle. Price \$45,000. Ph: 075-374-536.

DECEPTION BAY — 35 km north Brisbane — 3-B/R all built in; linen, carpets, exposed beams, kit, din., lounge. High set concrete under 80 x 40 ft shade house. 3140 sq m allot. \$79,500 offers. John, Val ph: 07-203-1959.

QUEENSLAND — 4½ acres nicely timbered, good soil, large town handy, close to new dam. \$9900, vendor finance. Ph: 071-630-344. Bob, PO Box 62, BLACKBUTT 4305.

NOOSA HINTERLAND — 5 acres untouched bushland bordering state forest. Road frontage, good drainage, 20 minutes to Noosa Heads, 15 minutes to Pomona. \$26,000, urgent sale. Ph: 062-822-007.

ATHERTON TABLELAND, Ravenshoe, 2½ acres subdivision. Permanent water, 10 minutes town, all facilities, school bus, phone, power available. \$14,000 ONO. Ph 070-976-131 BH.

NANANGO, SE QUEENSLAND, 2 hrs from the Sunshine Coast — 6 acres, selectively cleared. 2 km on sealed road from town. Phone, power, school bus, fenced, good dam site, new council approved shed. Council receptive to alternative building. Urgent sale, \$16,000 or nearest offer. Ph: 063-843-320.

TASMANIA

FARMLET, HANDY DEVONPORT and Ulverston, 15 minutes beach. 12½ acres, 5 paddocks, some bush, bore water, low rates, easy access, lovely views, elevated, secluded. Delightful 3-B/R home circa 1900. School bus, old-fashioned organic garden, rare rhododendrons, lily and snowball trees. Orchard, fowls, excellent soil. \$59,950. Ph: 004-921-387.

BOGAN GAP — 22 acres bush block with creek. 15 minutes to Deloraine, close to school bus. \$17,000. Ph: 003-695-128.

MOUNTAIN RIVER, Huon Valley — 15 acres. New celery pine, owner-built 16-square home, 30 min from Hobart. 3-B/R, study, woodheating-combustion stove and electric, OFP. Features many Tasmanian timbers, double insulation, ducted vacuum. Also large workshop, pool and 3-room cabin. Close to river, pumped water supply. Total seclusion, great views. \$92,000. Photos available. Ph: 002-664-211.

140 PLUS ACRES, 6 acre paddock, 30 acres 15 year regrowth, rest virgin bush. River boundary, spectacular views, 1 hour north of Hobart. 3 buses converted 1 kitchen/dining, 2 bed/live under big roof into 3000 gal tank. Fair access, 1 mile school bus, peace and quiet, cool neighbour, abundant wildlife and firewood. No dope growers, greenies only. \$26,000. Ph: 002-541-182.

KOONYA — beautiful secluded 41-acre forest property. Craftsman built home, 3-B/R, stone fireplace, s/c stove, electricity, phone, small guest cabin, established fruit trees, good soil, dam, 10 minutes to beach, good neighbours, 1¼ hrs to Hobart. \$55,000 ONO. Ph Sue: 002-502-387.

NEW NORFOLK — 17 acres, half cleared, half big gums. Electricity, fenced, level house site. Northerly aspect, water reserve, 2 road access, forty minutes from Hobart. \$16,500. Ph: 003-287-172.

ST MARYS, TASMANIA — 25 acres, mostly cleared, some bush, permanent creek, 20 minutes drive to beach. Price \$16,500. Ph: 003-722-257 or write PO Box 58, ST MARYS 7215.

SOUTH AUSTRALIA

WEEROONA ISLAND, near Pt Pirie SA. Road to island, ideal fishing spot. Home set on 1 acre of land. 3 insulated rainwater tanks, 2 x 3000, 1 x 5000 gallons, 30 x 20 ft shed, 45 x 12 ft verandah at back of house, fully fenced at back, right on top. Magnificent position — 360 degree views of Flinders Ranges and Spencer Gulf. Power on. \$35,000. T. Court, PO Box 647, PT PIRIE 5540.

COMMUNITIES

SHARE IN 360 ACRES bordering Bowman State Forest, Barrington Tops NSW. 2 acre share has permanent creek frontage, dam, access road, use of tractor and implements. Property is fully fenced with river frontage, power to communal site, school bus to gate. 8 shares, 3 families in residence. \$6000. Ph: 043-588-694.

**DEADLINES: GR 55 — APRIL 25TH
GR 56 — JUNE 27TH**

SHARES FOR SALE, mid North Coast Nambucca Shire NSW. 4 blocks for sale with legal individual titles, 50 to 100 acres \$20,000 each. Beautiful completely private rainforest valley, permanent river and creeks, bordering state forest. 1½ hrs to Macksville. Correspondence schooling, 4 WD access when wet. If you want a rich, clean and beautiful home, surrounded by rainforest ph: 065-642-244.

THE LILLIFIELD COMMUNITY has 300 acres of beautiful land in the foothills of the Border Ranges between Lismore and Murwillumbah. It's about 15 minutes from Nimbin and an hour from the coast. It is fully approved by the Local Council. The land is owned by an incorporated company and each of the 40 members has entitlement to 4 or 5 acres with right of resale. Members share in another 100 acres which is available to all for recreation, forestry, agriculture, etc. There are many stands of native trees, a regenerating rainforest, creeks, swimming holes, and small water-fall. The road system is now fully established and all dams have been completed. Now all that is needed to help with our further development is approximately 25 more members. People who will respect this beautiful land as well as each other. The share price of \$12,800 includes the cost of roads and dams and equipment to maintain them as well as the first Annual Service Fee of \$300 for rates and ongoing expenses. If you would like us to meet you and show you Lillifield please phone on 066-897-224, or you may prefer to write to: Lillifield, LILLIAN ROCK, via NIMBIN 2480.

LIVING HEART PARTICIPATION desired in the setting up of a natural regeneration centre as an education model for new age awareness and conservation living with economic viability. Seeking people with experiential knowledge in ecology, biology, organic gardening, alternative energies, building and healing, home education for children, consciousness raising, the arts and craft. Share investment is \$7000 per home site and equal share in remaining 400 acres in lush forest at the head of the river. Community centre already well established; 8 shares available. Vegetarianism desirable and families preferred. Please contact Norm or Dekyong, HOME Ecosophy Natural Regeneration Centre, RMB 50, UPPER LANSDOWNE 2340. Ph: 065-569-167.

THE TWO WATERS FARM and co-operative over 500 ha, Upper Clarence river (NE NSW). 5 km rivers, pastures, forest, panoramic views. 4 only 100-acre allotments still available. Separate titles. We seek single women, single men, couples (and kids) who like independence, look towards self-sufficiency and enjoy social life as well. We can assist with finance, help you build your house and make a living on your land. Average price \$34,000 including dams, fences and co-operative fund. The Two Waters Farm, PO Box 63, TABULAM 2470.

10 ACRES in 1300-acre community. Dams, old windmill, pump, shed/house and partially completed house, solar set up to shed, telephone available. 6 year established fruit trees, some older, many bearing. Lovely garden. \$20,000. Write for pictures and more info. Belinda Lawrie, Utopia, C/- Post Office, BROO-WEENA 4620.

THIRD SHARE in 170 acres, 1½ hours drive west of Grafton on Boyd river. Mountainous area, very scenic, with rainforest pockets, lots of wildlife, ideal for nature lover. Good soil, fertile river flat. Family with child(ren) wanted. \$12,000. Write to: Rosi, Rudolf, Nicolas (3) Thaessler, Uli-tarra, Old Grafton Rd, NEWTON BOYD via GLEN INNES 2370.

GRASSIFIEDS

COMMUNITIES

COMMUNITY UNIT FOR SALE — Auchendarroch, Mt Barker, SA. Large 4-B/R, self-contained, alongside six other families set in 5 acres beautifully kept garden. Share co-operative lifestyle, share ownership historic property. Close schools, shops, transport. Other rooms, units available. No strata title. \$88,000 ONO. Phone Carter 08-391-0907, BH 08-391-1550.

NORTHERN NSW, Uki area — 8 ha. Lot 1 hamlet development (7 lots all told). NE to NW aspect, Tweed valley, Mt Warning. Excellent timber for building. Extra land in common for gardens and orchard if desired. All weather road, secluded lot. \$25,000 ONO. For further details ph: 043-581-229 aft 6 pm or write John & Kathy Strachan, 21 Lakeshore Ave, CHAIN VALLEY BAY 2263.

SHARE IN RURAL COMMUNITY. Comfortable 2-B/R cottage — carpeted, phone, electricity, Solarhart hot water. Primary and secondary school buses at gate. Secluded with creek and mountain views. Large well-equipped workshop. All-weather access. \$65,000. Contact Terry Little, M/S 394, WARWICK 4370. Ph: 076-661-203.

1/9 SHARE IN 512 ACRES eucalypt/rainforest with ½ good pasture. One 2-B/R country-style house with verandahs, only 33 km north of Kyogle (NE NSW). Antique furniture, Rayburn stove, HWS, bathroom, living room/kitchen. Solar power — 2 x Solarex panel. Fruit trees, 2 donkeys with good fencing, 3 dams and mountain spring close by. Community house, dairy and facilities. Price \$40,000. Ring Dermot or Steve 066-364-263 for details.

278 ACRES, majestic views, river frontage, old home and woolshed. Shares valley with 3 communities and 7 small landholders. Valley residents have natural lifestyles and work well together. Readily available SEC and 7 home-building permits. Suit community. \$100,000 fixed. Contact Krishna, ONTOS via BUCHAN 3885. Ph: 051-550-215.

MEMBERSHIP OPEN (with house, or vacant site) in The Wolery Ecological Community Incorporated. Village atmosphere on 160 acres. Joining fee \$3500 per member, minimum 2 fees per site. Developed facilities, 11 resident families. Write to Secretary, RMB 1050, DENMARK 6333.

ONE NINTH SHARE 500 acres, 25 km from Kyogle. 300 acres forest, 200 acres cleared, some rainforest, permanent creek, main house, power, phone. A small thriving community. \$15,000. Box 6969, GOLD COAST MAIL CENTRE 4217. Ph: 075-385-323.

YOUNG FAMILY wish to buy share in land co-op on NSW coastal region later this year. 10-15 acres would suit our needs. A shack or shed would be an advantage. Ph: 004-376-296.

VIA KYOGLE, near Lismore — 10 acres individual title. Collective 25 shareholders, 960 acres, entire valley. \$8500. Contact Peddie. Ph: 070-688-350.

8½ ACRE PERMACULTURE farmlet. Large 4-B/R stone house 5 km from Moonta SA. Numerous outbuildings, diverse orchard, native plantings. Run organically past 7 years. Pigs, asstd poultry, goats. \$68,000-\$69,000 depending on stock, irrigation equipment, etc required. Ph: 088-252-263.

PEOPLE INTERESTED IN FORMING corporate body and sharing good high country near Stanthorpe, SE Qld with view to having common agricultural and recreational land, contact Robert Batterham, 'Glen-Dhu', DALVEEN 4374. Prices \$200-\$300 per acre.

SOUTH QUEENSLAND — 10 acre share, 1300 ac property. Long established community. Mudbrick/timber house needs finishing dams, tanks; borders Mount Walsh National Park; 40 km west Maryborough. \$17,000 ONO. Write Bryan Ellis, 12 Kahibah Rd, UMINA 2257. Ph: 043-422-251.

BUSH RETREAT, Ashford area — 1200 acres, mostly bush and scrub, backing onto Severn river and Pindari dam. Wildlife, waterfalls, many possible settlement sites. \$70,000 total or possibility of shares for your bush hideaway at \$10,000 each. Contact Chris, 'Elovera', ASHFORD 2361.

FORCED SALE: share in established community with corporate structure. Easy access Warwick, school buses at door. All amenities available; partially completed dwelling on glorious site. Enquiries F. Seidl, Box 276, WARWICK 4770. Ph: 076-614-770.

GLOUCESTER, NSW — 2 shares in Upper Bowman Co-op on 350 acres. Timber, stone and mud huts, 1000 gal tank, dam, 20 mins town, communal equipment, pool etc. \$10,000 plus weekly levy, legal fees. Power connection available on site. Ph: 065-587-575 or 049-242-240 or write C/- UPPER BOWMAN via GLOUCESTER 2422.

KYOGLE, 20 miles north. ¼ share in 375 acres, Rosberry creek valley. Creek frontage, mainly timbered. Suit quiet living persons to be compatible with other 2 permanent shareholding families. \$25,000. T. Vogel, 71 Hedge St, STRATHPINE 4500.

SHARE IN 275 acres community farm, Warwick Qld. 3 BR mudbrick and timber house on own hectare. Slow combustion stove, power, telephone, septic. Rainwater tanks and pumps, permanent creek. Lovely views in quiet valley. Use of tractor and implements. Price \$39,500. Ph: 076-323-176

BUSINESS FOR SALE

MILK BAR/MIXED BUSINESS in country town. An established business selling groceries and hot pre-packed foods. Starting health food and video hire. Includes 2-B/R residence at rear. Ph: 03-716-1090.

BUSINESS FOR CREATIVE travelling people, making shell earrings and selling to established coastal clientele around Australia. \$7500 plus stock at value. Fiona Hawthorne, PO, RAINBOW BEACH 4570.

RESTAURANT PLUS RESIDENTIAL commercial zoned property: general business, historic, all-wooden building, multitude of possibilities. Main street frontage in upper-tablelands, volcanic-soil village. Freehold, vacant possession. WIWO. 4-B/R, 3 dining rooms, 3 toilets, large kitchen, fuel stove, gas stove, S/S sinks, work benches etc. Giant double garage-workshop area, extra rooms. Amazing potential for travellers hostel, combination guest-house with tea-house, sidewalk cafe, coffee lounge etc. Garden is ¼ acre and full of fruit trees, rare and known varieties. Totally organic. Fruiting now: apples, bananas, Brazilian cherries, citrus, brown and white figs, guavas, naranjilla, papaya, persimmons, gooseberries and more. Will consider exchange for acreage/dwelling up to \$58,000 or sell for cash \$48,000. Land must be between Kempsey (NSW) and Cardwell (NQ). PO Box 230, ATHERTON 4883.

HEALTH FOODS AND GENERAL STORE in beautiful village on the spectacular Atherton Tablelands, N.Qld. Good income earner with room to expand. Ideal family business or energetic single person. Also sit-down cafe and takeaway. Cheap rent, good established local trade. \$15,000 includes fittings and stock. Genuine reason for selling. Apply The Alternative General Store, YUNGABURRA 4872. Ph: 070-953-815 BH or 070-953-816 AH.

HERB FARM — one acre medicinal, culinary and tea herbs, drying equipment, irrigation plant, dams, 24 acres pasture, 15 acres bush, small orchard, 3-B/R W/B house, outbuildings, quiet settings, 4 km Huonville, 43 km Hobart. 9 years organic management. \$75,000. Greg Whitten, PO Box 117, HUONVILLE 7109.

NORTH WEST QUEENSLAND — very busy country store roadhouse. Excellent takings, profits, indigenous town, sole ownership, no opposition, room for expansion. Ideal for young hardworking couple. Annual turnover excess \$180,000. Transferrable government contracts. Further particulars PO Box 2231, MT ISA 4825.

FLUTE/PIANO TEACHING. Just west of Inverell. Beautiful 4-B/R home, one acre included. In town primary, high schools, hospital, shops, banks. Perfect start to self-sufficient lifestyle. House can be sold separately. \$29,000. 02-635-5556.

HEALTH-FOOD SHOP, established 3 years. Genuine enquiries. Please write Margaret Moss, Post Office, AIRLIE BEACH 4802. Ph: 079-466-542.

SHOP, PRESENTLY CRAFT and video plus lovely home on ¼ acre, 11 km before Port Arthur on main tourist route. Plus as new 36 x 18 ft shed. \$59,000. Ph: 002-503-349.

TO RENT

WE ARE COUPLE with 2 children wanting to move to the country. We're looking for house to rent fairly cheaply in Tasmania or on the NSW south coast/Bega area. Contact Belinda and Antonio, 72 Wakefield Ave, AINSLIE, 2602.

GRASSIFIEDS

TO RENT

SINGLE PARENT (female 22, child 2) interested in renting house in or near country town. Also seeking another single parent to share with. Write R. Richards, C/- PO, BUNG-
ENDORE 2621.

SINGLE PARENT share rent of house and acres with other single parent. Own cabin, share kitchen, bathroom. Between Newcastle and Taree. \$50 plus expenses. Ph: 049-977-264.

SEEK TO SHARE house or use of part of forest land in a peaceful, spiritual, vegetarian community or vacant property. Preferably the country in south-west WA. Small rent. Contact Janet K., PO Box 2, SOUTH FREMANTLE 6162.

WANTED TO RENT small cottage, semi-secluded NSW coastal area. Please write to David Zeal, 221 Gosford Rd, ADAMS-TOWN 2289.

FOR RENT: log cabin, 12 acres, Elephant Pass, eastern Tas. No power, s/c stove, hot water, low rent, some maintenance required. Ph: Maria 003-761-638.

PROPERTY WANTED

SMALL COTTAGE, about 5 acres near shops, SE Qld or NE NSW. In low price bracket, no flood areas. Pensioner lady and son. S.C. Doick, PO Box 230, ATHERTON 4883.

COTTAGE WITH SMALL acreage wanted to buy in Tasmania. Isolated location preferred. Please reply to Trevor Martin, PO Box 838, BROOME 6725.

OPPORTUNITIES

WE'RE LOOKING FOR IDEAS on some sort of project which involves ourselves and maybe others. Between us we have a variety of professional and commonsense organisational skills, and access to a considerable capital. While location isn't so important, a stimulating lifestyle and involvement in something 'worthwhile' is our main objective. Alison and Roger Burke, C/- PO, GLENORCHY 7010.

ROOF LEAKS but all the useful water must be carried in. Our wilderness cottage and garden wants a caretaker. At the end of the road, one hour from Bega, tucked into the mountains. There's a beautiful dam to swim in, rough but passable roads, a scattered friendly community along the road. We need someone who would be prepared to tend and maintain the place, rent free. If interested write to Sharon Wood, C/- PO, QUAAMA 2550 or ring 064-941-401 and ask for Michael or Liz.

FLATETTE AVAILABLE to caring/tidy person/s in return for some help with house and farm. Suit single parent/pensioner. Reply P. & A. Smith, C/- Post Office, TAMGAMBALANGA via WODONGA 3690.

NUMERALLA, NEAR COOMA NSW at nominal rent, part of 300 acres currently inhabited by Fran, Ian and Thomas. We are seeking people who may look at eventual partnership and who like to live their own lives whilst sharing some social and work time with us, even if only initially on weekends. Ph: 064-833-282 for a yarn or write to Box 206, COOMA 2630.

CARETAKER REQUIRED, 40 acres — suit pensioner, male/female, any age. GR philosophy essential! Nonsmoker, non-environment polluter. Accommodation available temporarily, own caravan necessary, permanently. Box 6189, GOLD COAST MAIL CENTRE 4217.

SERVICES OFFERED

VISIT 'KOOKABURRA FARM'. See commercial organic vegetable garden with pigs, poultry, sheep, cattle, horses and bees. Also reforestation, dam and windmill, mudbrick building. Farm walk (about 1 hour duration) and morning or afternoon tea for \$5 adult, children free. Located 12 km from Pacific Highway, take Bowraville turn-off at north end of Macksville Bridge. Sundays only or other days by arrangement. Ron and Dale Hawkins, 'Kookaburra Farm' via BOWRAVILLE 2449. Ph: 065-647-461.

FASTING FOR HEALTH and longevity. Rapid natural weight reduction; body rejuvenation; rest, sunbaking away from city smoke in relaxing country retreat. For bookings and more details write to 'Koorringal', THREE BRIDGES via YARRA JUNCTION 3797. Ph: 059-667-296.

LICENSED CARPENTER AVAILABLE. Mudbrick, pole frame, conventional, owner-builders assisted, not condescended to. Solar and site advice, plans. Southern highlands. George Stinson, MITTAGONG. Ph: 048-711-939.

SWEDISH AND REMEDIAL MASSAGE, qualified female therapist, reasonable rates, pleasant surroundings. Karuna Centre, 76 Kedronbrook Rd, WILSTON 4051. Ph: 07-356-7100 for appointment.

CLAIRVOYANT CAN ADVISE you re romance, health, finances etc. Send \$25 plus name, address, date of birth, recent photograph and any relevant questions to Patricia Coleman, PO Box 31, FREMANTLE 6160.

HOLIDAYS

CARAVANS — bush/riverside private property. Self contained. Fishing, swimming, bushwalking. \$20-\$25 per night. Pidgeon House area. Ph: 044-573-140.

HORSE RIDING HOLIDAYS. Full accommodation, meals, all the riding you want for \$150, 7 days, or \$50 weekend. Children and beginners well supervised. Other activities include canoeing, fishing, swimming, bushwalking. Come and relax down on the farm. Pat Smith, Valhalla Appaloosa Stud, FALLS CREEK 2540. Ph 044-478-320.

GARDEN AND ORCHARD

ALOE VERA plants, 2 for \$5 or 5 for \$10 postage included. Mrs C. Williamson, MS 541, BURNETT DOWNS via BUNDABERG 4676. Ph: 071-799-486.

NATIVE TREE SEED — over 100 species in stock. For descriptive list send SAE to Central Seeds, PO Box 285, MARONG 3515.

LIVESTOCK

DONKEYS: Roaring Lion donkeys are quiet, obedient and pretty. Consider acquiring one. Contact: Armin Ptak, Roaring Lion Donkey Stud, Undalya, PO Box 102, AUBURN 5451. Ph: 088-492-149.

DONKEYS FOR SALE, larger breed. Ph: 067-531-215.

COLOURED SHEEP for sale or trade. Contact Helen Hall. Ph: 076-648-178.

COLOURED ANGORAS for sale. Ph: 075-831-214.

HANDCRAFTS

TAPESTRY STAND KIT. A must for the tapestry enthusiast — beautifully handcrafted, fully adjustable, competitively priced, pine stand with three popularly priced frames. Write for mail order information to Anna Hunt, PO Box 53G, NORTHCOTE 3070. Phone: 03-489-8405.

HAND SPINNING OUTFIT (similar to GR 27 article) consists of spinning stick, plying stick, 4 bobbins, plying/skeining stand, full instructions in cardboard box. \$20 including postage and packing. Send to Chris Potter, Box 118, KILSYTH 3137. Ph: 03-725-0140.

COLOURED MOHAIR for spinning. Range from dark greys to soft silvery greys. Also rare brown, chocolate and golden fleeces. Coloured wool, all colours including 'milo' coloured and honey browns. Ph: 075-831-214.

POTPOURRI & SACHET SUPPLIES. We now have the largest range of materials for potpourri work at the lowest prices in Australia — potpourris, flowers, herbs, spices, essential oils, books . . . and much more. Small or large quantity, our price and range is the best. Write for free mail order catalogues: Potpourri & Sachet Supplies, PO Box 53G, NORTHCOTE 3070. Ph: 03-489-8405.

ASFORD SPINNING WHEELS available in north Qld from Secret Garden Perfume Products and Crafts, GARRADUNGA 4860.

FOOD AND KITCHEN

HOME STONE FLOUR MILLS. Mill your own stoneground wholemeal flour for cakes and bread at home with a RETSEL Little Ark Stone Flour Mill, 'ENDORSED BY HOUSEWIVES ASSOCIATION'. Write for catalogues to Retsel Distributors, PO Box 712, DANDE-NONG 3175, enclosing three postage stamps. Ph: 03-795-2725. Distributor enquiries welcome.

GRASSIFIEDS

FOOD AND KITCHEN

SAMAP NATURAL stone hand mill, excellent condition — \$95 ONO. RMB 2072, HUON 3695. Ph: 060-718-636.

PUBLICATIONS

COMMON GROUND — quarterly publication containing lists of individuals and groups around Melbourne offering goods and services connected with personal growth and well being plus related articles and interviews. *Common Ground* is free, but donations are gratefully accepted; mail subscriptions \$5 per year. Karer Mercury, New Age Communication Network 2 Hotham St, SOUTH MELBOURNE 3205 Ph: 03-699-6776.

FIBRE FORUM is the tri-annual colour magazine of the textile arts for Australia. Subscriptions in 1986 are \$16.00, which includes membership in The Australian Forum for Textile Arts (PO Box 77, University of Queensland, ST LUCIA 4067). Sample copy of the magazine: \$5.00, postpaid.

KNITTING PATTERNS for Home Spun Wool (by Isabel Black). 60-page book of patterns and hints. Over 6000 copies sold. Price \$6.50 (including postage). Wholesale price available on request. Book obtainable from Isabel Black, 9 Coulter Ave, HAMILTON 3300.

SELF-SUFFICIENCY MAGAZINES, large quantity for sale; *Owner Builder, Organic Growing, Grass Roots, Earth Garden, Practical Self Sufficiency, Permaculture*. Ph: 03-762-1063.

FREE FREE FREE The following literature is available free of charge: The Ten Commandments; The Christian Woman; God's Holy Days. Write to Church of God International, PO Box 178, MAYFIELD 2304.

GRASS ROOTS MAGAZINES, nos 1 to 9, except 7 — \$5 each posted; 10 to 41 — \$2.75. Val Donald, 58 Wolseley St, ORBOST 3888.

RECYCLED BOOKS — 10 per cent discount garden, farm, crafts, health, useful arts, ecology, botany, geology. List \$2. S. Carter, Box 73, MORTDALE 2223.

BOB GIBSON'S GUIDE to Financial Survival in the 1980's. My uncomplicated guide, proven over 20 years, shows adults and developing children how to balance the weekly budget. A must for schools and parents who want to show children money must be spent wisely, and adults who want to get and keep their budget in order. My guide can now be purchased for \$1 plus 2 x 33¢ stamps. Send to Bob Gibson, Dickson St, WOOLMARGAMA 2644.

MISCELLANEOUS

CASSETTES OF GUITAR and zither music. Professionally recorded. Relaxing, soulful; 3 titles: 'The Peacock's Dance', 'Sister Luz', 'Le Long Voyage'. \$9 each. Add \$1 postage. The Lyrebird School of Music, 63 Morrie Crt, NORTH BLACKBURN 3130. Ph: 03-898-8950.

FOR SALE. SUNDIAL Roman, solid bronze, antique finish, any latitude, 30 cm diam — \$80 pp. **SUNDIAL** traditional, solid copper, antique finish, any latitude, 30 cm square — \$45 pp. **AUSSI WEATHER VANE**, deluxe, all metal construction, ball bearing, rooster, koala, echidna, kangaroo designs — \$110 pp. **VANE**, standard model, similar above — \$70 pp. **ALEXANDER THE GREAT** — plaque scaled from Lysimachus coin (300 BC) observe, solid bronze, antique finish 25 cm diam, ready to hang, collectors item — \$75 pp. Send SAE for brochure, phone your order with Bankcard, Mastercard from 6 pm to 6 am. **TANDANYA STUDIO**, Box 9, NEWSTEAD 3462. Ph: 054-762-453.

CRYSTALS — CRYSTALS — CRYSTALS. Best quality natural Arkansas quartz crystal and amethyst. Very small to very large crystals at the lowest prices in Australia. Personal selection or psychically chosen mail order — Arkansas Crystals, PO Box 53G, NORTH-COTE 3070. Ph: 03-489-8405.

PLUG INTO THE SUN — South Burnett Solar Power Systems for alternative power supplies and service, information on sales and installation of solar panels, inverters, batteries, water pumps, 12-volt lighting and appliances. 31A Fitzroy Street, NANANGO 4315. Ph: 071-631-959.

ADD WORMS TO YOUR GARDEN. 2000 composting tiger worms and eggs in vermi compost, delivered Australia wide except SA and WA, \$25.00. Special prices on large orders. GV Earthworms, RMB 2357, TATURA, 3616. Ph: 058-290-290 or 058-290-114.

STOVE — ANTIQUE wood burning combustion stove. 6 ft long central fire box, 2 huge ovens. Circa 1860, original stove from Grimwade House (Melbourne Grammar School). Fully restored, suit new stove buyer. \$5000. Ph: 03-288-9882.

KIT BUNGALOWS: easily erected, easily transported, better than a tin shed, cheaper than a caravan. Any size. 16 x 12 ft \$1500. Can be supplied with stove, shower, sink etc. Delivery arranged anywhere. Write or phone for brochure and price list. 'Humpty Dumpies', 18 Elizabeth St, RED HILL SOUTH 3937. Ph: 059-892-069.

SEWING PACKAGE SPECIAL: Bond's elastics all non-roll 2000 m, cottons, buttons, tape and ribbon. \$10 including post. 65 m lace (6 x 10 m & 1 x 5 m) \$10 inclusive. Money back guarantee. Ronald's Mail Order (The Battlers Bargain Centre), 358 Great Western Highway, WENTWORTH FALLS 2782. Same week service.

WIND GENERATOR — Quirks 12 V on tower. Very little use, \$900. Ph: 076-861-210. **5 ACRES OF WATER** plus 22 acres of land (27 acres total). Highway and river frontage, Stanthorpe. Walk to local school and PO, ex tin and gemstone mine. Needs earthmoving to tidy up. Suit fish, crayfish and small crops. \$29,000. Ph: 076-861-210.

29 BACK COPIES *Grass Roots* and *Earth Garden*, \$29.00 plus postage the lot. Margaret Taranto, 6 Trevi St, JINDALEE 4074. Ph: 07-376-3960.

NUMBY NUMBY EARTHWORMS — Breeders and suppliers of live earthworms for gardening, composting, horticulture and breeding stock. Our 'Speedy Breeder Compost Worm' revolutionises your compost and transforms your garden. Just \$18 per 1000 worms, includes postage Australia wide and instructions. Numby Numby Earthworms, ROLLANDS PLAINS 2441. Ph: 065-858-239.

CRAFTY? Start your own business selling your craft. Learn the secrets from people in the business. For full details write you name and address on the back of an envelope and send to Craft Offer, Country Store Publications, PO Box 5, ROSELANDS 2195.

ADD WORMS TO YOUR GARDEN. 2000 composting tiger worms and eggs in vermi compost, delivered Australia-wide except SA & WA, \$25. Special prices on large orders. GV Earthworms, RMB 2357, TATURA, 3616. Ph: 058-290-290 or 058-290-114.

BATTERIES — DEEP CYCLE — 6 volt, 110 amp hour, suitable for home lighting, \$30.00; also truck, tractor and car batteries. All in unused condition and less than half new prices. Ph: 065-858-239. N.N.E., ROLLANDS PLAINS 2441.

MILK-JUG-COVERS — useful, beautiful, crocheted edge, bead, shell drops, all colours. Send \$5.50 to Liz Salmon, Gayndah Rd, HIVESVILLE 4612.

AUSTRALIAN COLD-PRESSED Aloe Vera — \$10 per litre. 98 % pure gel. Earn a few dollars on the side. L.P. Chappel, 27 Leslie St, WOODFORD 4514. Ph: 071-961-186.

CHIP HEATERS — no electricity needed for instant hot water. \$105 including packing and postage. 358 Centenary St, ALBURY 2640. Ph: 060-216-943.

FOR SALE — Bee hives and equipment. Ph: 03-725-4756.

TIGER WORMS and NQ snakes, cheap rates. Bertoldo Organics, MAREEBA 4880. Ph: 070-922-857.

FULLY ADJUSTABLE rope halter with lead, fits any size animal. Send \$12 E. Salmon, Gayndah Rd, HIVESVILLE 4612.

TIPI, 12 FT DIAM. Quite high, roomy inside, easily transported, really good living space. \$280. BALACLAVA. Ph: 03-527-377.

GRASS ROOTS nos 18, 23, 27, 32-52 \$2 each or total for \$40. Ph: 02-863-684.

CONTACTS

WOULD LOVE TO SHARE with people wanting to express the joy of being alive, yet feeling deeply the suffering of animals, earth and people. I am 31, vegetarian, involved in all aspects of being a warrior, including: healing, combat, music and laughter, live in a cottage I am renovating with natural pine, skylights and carpets etc on 43 acres. My dreams centre upon unifying with others to create practical harmonies within the totality of life. Please write to Ian, PO Box 796, COOMA 2630.

GRASSIFIEDS

CONTACTS

SINGLE, CAPRICORN, honest lady (32), 5 ft tall, medium build, seeks life in harmony with nature. I wish to correspond with single (Capricorn, Virgo or Taurus — only) male (32-42). Should be genuine, honest and non smoker. Divorced, separated or any connection with drugs definitely not accepted; widower accepted. My interests are health ('Let your food be your medicine and let your medicine be your food'), yoga, cooking, walking, outdoor activity and simple and natural lifestyle. I would like to hear from you, especially if you're interested in yoga and/or follow Dr Paul Bragg's philosophy of life. Please, genuine enquiries only. C/- 32 Williams Rd, WANGARATTA 3677.

LONELY SINGLE GUY (28 & 5 ft 6 in) yearns for company of slim attractive GR girl (20-30). My interests are organic gardening, woodwork, fishing, swimming, diving, philosophy and owning a cottage surrounded by lush gardens not far from the ocean. Hoping for sensitive loving Aussie companion to share these ideals. Write, enclose photo if convenient, Cam, C/- PO, GREENWOOD 6024. Ph: 094-487-299.

SURBURBIA AT PRESENT, reared wartime rural England. I am intelligent and intellectual. Though of GR philosophy, my practice is dilettante. On my own I shall soon become semi-rural, doing my thing in comfort without drudgery or fanaticism. Is there a compatible male? Be warned, I am intellectual, independent, arrogant, compassionate. In my late forties, I shall continue living in SE Qld. C/- Box 764, SHEPPARTON 3630.

SENSITIVE, SHY, SPIRITUALLY inclined, romantic male (29), 6 ft seeks similar sensual female friend. Maybe just mutual? Teens to twenties and must love beautiful environment. Not into alcohol, chemical cigarettes, religion, television. Am into nature, harmony, herbs and love (Jesus). Never married yet. Looking forward your letter. A. Friend, PO Box 230, ATHERTON 4883.

MAN, 39-Y-O AUST with 11-y-o son would like to meet a lady about 25, with child OK, for friendship and to share the cost and chores of running small self-sufficient farm. My other interests are chess, listening to light, classical music and daytime outings. Write to Box 469, MUDGEE 2850. All mail will be answered.

MALE (35) VIRGO vegetarian non smoker/drinker seeks active middle-aged pensioner lady to help keep house tidy and cook some evening meals. In return own bungalow and keep. Pleasant surroundings on 7-acre farm, short distance shopping centre, etc. B. Dennett, 404 Frankston-Flinders Rd, SOMERVILLE 3912. Ph evenings 059-775-563.

I'M SCORPIO LADY — free, nonsmoker, love classical music, jazz, art, swimming, alternative health, for caring alternative thinker 48 on. Would find emotionally ind. woman, slim, prefer similar. Main desire, sharing beautiful country lifestyle without hardship. Creative compromise allowing personal space, and a warm balance. Barbara Rayworth, 27 Brighton Rd, SCARBOROUGH 6019.

GENTLE CARING Gemini male (39), intelligent, versatile, seeks sharing relationship with ideal soul mate. Interests yoga, I Ching, gardening, literature, music, healing etc. Colin Rupert Adlington, 116B Guy St, COROWA 2646.

I'M SINGLE female (28), who loves God, children and music. My vision is living in a place with green rolling hills, plenty of plants, tall trees, animals, quiet and friendly, caring people. I've been working 11 solid years as a nurse and need a rest. If you know of a place, please write. Kerryann, C/- Post Office, WERRINGTON 2760.

LONELY 26-YEAR-OLD Capricorn male seeking and longing sincere and loving lady 22-30. I live with my 6½-year-old son in a beautiful, quiet and isolated spot near the NSW north coast. I like to lead a hassle-free and natural lifestyle and desperately miss the love and companionship of a good earthy grass roots type of woman. Any letters answered. Malcom D., C/- PO, GRAFTON 2460.

LIBRAN MALE (45) interested natural healing, massage, meditation, mudbrick making, construction would like to hear from potential soul mates who have some land and need help/companionship in Queensland/north NSW. Please write to Kevin, PO Box 49, TOOWONG 4066.

FEMALE UNIVERSITY STUDENT (31), follower of Sai Baba, seeks to correspond with quiet gentle male (30-46) interested in GR lifestyles, vegetarianism, animals, meditation, Indian religions and philosophies, nature and isolation. Pam Douglas, C/- Post Office, HEALESVILLE 3777.

IS THERE A GR LADY somewhere, for caring, sharing guy of 32, 5 ft 4 in, who's quiet, very lonely, has made positive step in buying and moving onto 5 acres near Ballarat with small cottage, lots of beautiful trees. I like healthy food, gardening, reading, bushwalking. Ring Mick 053-461-437.

SINGLE DOWN-TO-EARTH Taurus lady (26) dreams of escaping from the rat race to live a country life. Interested in pottery, music, conversation, travelling, nature, would like to correspond with country guy (25-35) for friendship. Jerry, C/- 10 Prince St, FERNTEE GULLY 3156.

YOUNG MAN (24) interested in meeting mature and caring lady (20-30) for purpose of companionship. I am vegetarian, nonsmoker with great passion for life. Interests include music, the arts, yoga and meditation, outdoor activity and healthy and natural lifestyle. Steven Lee, 102 Juers St, KINGSTON 4114.

ARIES GUY (37) into self-sufficient lifestyle. Goats, cheese, wool spinning, hydroponics, fishing, music. Living near ocean in stone cottage, attractive, intelligent, well read and travelled seeks girl similar (25-35). Write Peter D., PO, LEEMAN 6514.

SINGLE CAPRICORN MAN J/T (34) wishes to meet nonsmoking lady under 5 ft 3 ins to share a simple happy life on my 40 acres in the MacLeay Valley. Please write to K. Hedyon, Lot 2 Armidale Rd, TEMAGOG 2440.

IS THERE A SLIM, EASY GOING lady 20-25 interested in living GR lifestyle in beautiful setting NW Tas with slim easy-going caring guy, 28. I also enjoy occasional rage, playing flute, bush walking. Ian Coffey, Culloden, MEUNNA 7325.

WIDOW (44), hardworking bushy, would like to contact unattached practical intelligent man (35-50) interested in agroforestry who could share orthodox lifestyle on 800 ha of mountains. Other interests are jazz, classical music, reading, outdoor life, travel. Sarah Craig, C/- PO Box 295, SCONE 2337.

HI, MY NAME is Terry, ex Victorian 44 yrs Cancerian. I live in the bush on 110 ac, 20 mins from tropical beach. Reasonably educated, healthy, love animals, but very lonely. Would like to write to lady from Victoria who needs real friend or more. Give it a go! Terry Barber, PO Box 145, CHILDERS 4660.

MALE CAPRICORN (43) into alternative lifestyle in small rural community seeks lady soul mate. My interests include white water canoeing, meditation, Chinese astrology, organic gardening, movies and living simply. Geoff Drake, 32 Peverill St, TINONEE 2430.

MALE 48, 5 ft 11 ins, Aries would like correspondence with genuine, slim, nature loving lady to 45. Natural living and healing, camping, bushwalking, cycling, sport, good music, nonsmoker, social drink only. Bill, C/- PO, WANGARATTA 3677.

SINGLE PERSONS seek single persons as co buyers of 100-acre allotments at the Two Waters Farm (kids welcome). Money involved — under \$25,000 per co buyer, including building house. Please see ad in 'Communities' section. The Two Waters Farm, PO Box 63, TABULAM 2470.

VEGETARIAN MALE (31), single, seeks companionship and personal development, non smoker, walks, health and natural lifestyle. Seeks a caring lady with similar views to be a friend for peace. Barrie Smith, Lot 202 J. Hickey Ave, GLADSTONE 4680.

SLENDER, WELL-GROOMED woman, mid-thirties, loves classical music, good food, training in alternative medicine seeks country man any nationality, but sense of humour essential. Eleanor. Ph: 03-495-631.

FILIPINO AND CHINESE ladies require single men for friendship, matrimony. I have 36 names and addresses for you to select from. Send \$10.00 to Bob, PO Box 127, SUBIACO 6008 for list. All genuine.

NONSMOKER, MARKET GARDENER type interested spray free vegetables. Ph: 070-633-707. McGowat, GARRADUNGA 4860.

INDIA, THAILAND, CHINA — looking for a friend to travel with, male/female, to leave in August 86. For more info write to Mary Kempthorne, C/- Post Office, NIMBIN 2480.

WOULD LIKE TO HEAR from vegetarian people interested in forming self sustainable forest community on mid-north coast of NSW. Andrew Parke, PO Box 748, NOWRA 2540.

GRASSIFIEDS

CONTACTS

PEOPLE PREPARED TO PUT their efforts
to build and run a permanent Wilhelm Reich
school please contact Klaus Remme. Ph: 047-
392-598 or write SAE Giri House, 12 Grey
St, GLENBROOK 2773.

CLUBS AND SOCIETIES

BRISBANE GRASS ROOTS CLUB still meets on the first Tuesday night of the month and will also be meeting on the second Sunday morning of each month. For further details phone Jeff: 07-396-7380.

COURSES

HERB AND NATIVE NURSERY COURSE for beginners. Covers propagating from seed, cuttings, division, etc. Potting mixes, where to purchase pots, seeds, plants, etc. Suit low income earners to make a start without much capital. **BEEKEEPING FOR BEGINNERS.** This course will give the newcomer a basic understanding of the honey bee. Covers: building boxes and frames, handling bees, swarming, extracting etc. Both courses conducted on biodynamic nursery near Newcastle. Weekends only. \$45.00 each course. Campsites available if required or daily basis. Send SAE to Acacia Nursery, McCanns Rd, WAKEFIELD 2031. Ph: 049-532-854.

LEARN GUITAR BY CASSETTE. This excellent beginner's course will teach you to play with no previous experience of music. Instruction book and cassette cover tuning, chords and solos. Cost \$20 (post free). Order from P.R. Boothman, Box 252, CROYDON PARK 2133.

CALENDAR EVENTS

AUSTRALIAN TRANSPERSONAL CONFERENCE. *Beyond Separation — Discovery* Unit. June 27-30 1986, Brisbane. Confirmed speakers include: Barnum Barnum; Cecil Burney; Jan Clanton-Collins; Lionel Fifield; Stanislav Grof; Christina Grof; Terry McBride; Brian McCusker; John Perry; Bessie Schachener; Geshe Chundrup Sopa; Friedemann Wieland. Contact persons: Qld, 381-047 — Shana, 262-2970 — Philippa, 371-1663 — Friedemann; NSW, 747-2707 — Penny (after 6 pm); Vic, 053-686-521 — Muriel; ACT, 514-769 — Judy; New Zealand, Auckland — 416-8664 or 399-538.

LATE GRASSIFIEDS

FOREST RETREAT. Meditation, astrology, psychotherapies. Shares \$NZ6000. Guests \$NZ50 pw. Write Yogadarshan Ashram, Broadwood, HOKIANGA, NZ.

100 ACRES, UPPER Clarence. Five acres cleared, balance timber. Three dams, sheds, gardens. Good granite stone for building \$25,000, vendor finance. PO Box 119, WOODBURN 2472.

WARIALDA — 534 acres, can sub-divide. Electricity/phone, close to town school bus. Top country, black soil. \$100,000, finance to approved clients. Ph: 067-291-042.

169 PICTURESQUE ACRES situated in Nambucca Valley. Creek with flats, undulating to steep. Plenty of water, cosy mudbrick dwelling, solar electricity. ½ share including house \$48,000 or full share \$85,000. For more information phone 065-644-026 or write Geoff & Carol, 8 Jones St, VALLA BEACH 2448.

ST ARNAUD — 16 ha (40 ac) exc. grazing land. Good fences, 3 large dams. Suit irrigation, nut trees etc, perfect mudbricks. Phone but no S.E.C. \$25,000. Ph: 054-951-554.

ESTABLISHED NURSERY on highway, 6 acres with creek, town water shade, tunnel houses. New tree picturesque setting. Specialising windbreak trees, carnations, carrying all general nursery lines. Suit M/C or partnership. 3 B/R WB house with tennis court. \$130,000 ONO. Enquiries Pete Smith, Mt. Gambier Rd. CASTERTON 3311. Ph: 055-811-575.

NORTH QUEENSLAND (PGHL), 10 sq miles — mountain range, tablelands and valley. 711 mm p.a. rainfall, creek flows 6-7 months, underground water available. Suit cattle and goats. \$60,000. Ph: 070-697-575.

QUEENSLAND, KALBAR — 1½ acres, rich volcanic soil, gently sloping, high, panoramic mountain views, town water, power, telephone, town facilities, close national parks. \$25,000. Ph: 062-884-378.

MAN (34), WELL-EDUCATED, nonsmoker, nondrinker, vegetarian, asocial, alone seeks womanly feminist as soulmate. I'm looking towards buying my own bush block but for now have nothing to offer but myself. If anything strikes a chord perhaps we can correspond and take it from there. Michael, PO Box 466, ELSTERNWICK, 3185.

DEADLINES: GR 55 – APRIL 25TH
GR 56 – JUNE 27TH

YOUR OWN BIRTH CHART comprehensively interpreted on cassette. Send me date, time and place of birth and \$25 to PO Box 197, CORINDA. 4075.

GRASSIFIEDS

The 'classifieds' have now become the 'grassifieds' but the rates are still the same— 25¢ per word. Please be brief and send this form with the appropriate payment to arrive by the deadline for the issue in which you would like your advertisement printed. Address your letter to 'Grassifieds', Box 764, Shepparton 3630.

[illegible]

Information Available

When contacting associations or newsletters listed in Information Available please, out of courtesy, include an sae, and mention that you heard about them in Grass Roots. This key will help you decipher the postcode system.

NSW 2000 plus
VIC 3000 plus
QLD 4000 plus

SA 5000 plus
WA 6000 plus
Tas 7000 plus

CRAFT EXPO, 6-10 June

Craft Expo 1986 is the seventh National Crafts Exhibition and Trade Fair organised by the Crafts Council of Australia. It will promote a wide range of the best Australian Crafts and has two main objectives: to enable direct selling contact between individual craftspeople, the retail trade, commissioning agents, and the general public; by public promotion, to raise the level of general awareness of the standard and variety of Australian craftworks. The number of participants is set at 45 and exhibitors must be present throughout the event. All practising craftspeople are eligible for selection. For further details contact:

The Crafts Council of Australia
100 George St
THE ROCKS, SYDNEY 2000
Ph: 02-241-1701.

TIMELAPSE — a non-fiction fantasy

Michael Roads, the author of *Communicating with Nature*, has produced a cassette. *Timelapse* is a mystical experience that actually happened to Michael, and which he has just come to terms with. Narrated by Treenie Roads to the wonderful music of Mars Lazar this production is both inspiring and relaxing to listen to. Available for \$15.00 postage paid from:

Non-Fiction Fantasy
PO Box 127
BELLINGEN 2454.

PEOPLE AGAINST IDENTIFICATION NUMBERS

The government proceeds with its plan to introduce identification cards from March this year, with the stated aim being to minimise social welfare fraud and tax avoidance. Members of PAIN believe this creates the dangerous potential for a state-run computer surveillance system which could in future be directed against protest or alternative lifestyle groups or the socially disadvantaged. Regardless of the motives behind it, the ID card will then result in an Orwellian police state. PAIN have produced a booklet explaining their concerns, which can be bought for \$3.00 from:

PAIN
49 Peel St
WEST MELBOURNE 3003.

PARENTING NATURALLY NETWORK

A growing group of friends who want to support others in their efforts to raise their children as their hearts tell them. Call or write anytime.

PNN Suzy
1 Nowra Crt
NORLANE 3214
Ph: 052-785-704.

HELMUTS HEALTH FOOD BARN

Sydney's first organic fruit and vegetable market was recently opened at 312 Darling St, Balmain. All the food for sale is guaranteed to contain no chemicals or artificial flavourings and the fruit and vegetables are either organically or biodynamically grown. If you want to buy chemical-free produce in Sydney then this must be the place to shop.

Helmuts Health Food Barn
312 Darling St
BALMAIN 2041.

TOWN & COUNTRY BOOKS

This booklist is of secondhand books. Prices range from books for \$1.00 to \$2.00, \$3.00 and over \$5.00. The variety of subjects includes farm books, business, study and recreational books, miscellaneous and cook books.

Pamela A. Fenwick
PO Box 263
MAYFIELD 2034
Ph: 049-683-699.

THE INTERNATIONAL PERMACULTURE SEED YEARBOOK

The 1985 issue of this publication is packed with useful and interesting information on trees, saving seeds and permaculture. There is an article by Bill Mollison on forests and one on collecting tree and shrub seed by Friends of the Trees. Important features of these books are their lists of Resources of International Permaculture, which contain addresses of organisations world-wide concerned with conservation, permaculture and alternatives.

The 1986 *Permaculture Seed Yearbook* is available for \$US13.50 posted from:

Yankee Permaculture
Box 202
ORANGE
MA 01364 USA.

CORRESPONDENCE CRAFT COURSES

A new course from The Australian Flying Art School called Weaving 1 is now available. Written by Janet De Beer, the editor of *Fibre Forum*, it looks at looms, yarns, equipment and fibres as well as methods of using the four-shaft loom. A correspondence course on spinning is also being offered and has proved popular with many people in out of the way places. Further details can be obtained by writing to (SAE please):

AFAS
Brisbane CAE
Kelvin Grove Division
Victoria Park Rd
KELVIN GROVE 4059.

'TEXTURES' TAMWORTH, 1-5 September

'Textures' is the name given to the biennial conference of The Australian Forum for Textile Arts which will be held in Tamworth, NSW later this year. The conferences are held in different parts of Australia and with a new theme chosen each time. The 1986 theme 'Textures' will be emphasised during a week of intensive workshops, discussions, films and slides. Workshops vary from knitting, batik, felting, lacemaking, dyeing, weaving, tapestry, embroidery, creative machining, basketry as well as drawing and design. The tutors are all leading exponents of their craft. Opportunities will be provided for purchasing locally produced mohair, wool and cotton. For further information about the workshops please write to:

Barbara Burchell
Tamworth Fibre Forum Conference
PO Box 846
TAMWORTH 2340
Ph: 067-662-280.

Information Available

ALICE CRAFT ACQUISITION

The 'Alice Craft Acquisition' is to be held again in Alice Springs, 25 July to 3 August. Acquisition monies of \$3000 in total will be offered in various awards to craftspersons whose work is acquired. These pieces will be included in the permanent collection of the Alice Springs Division of the Crafts Council of the Northern Territory, which is housed at the Araluen Arts & Cultural Centre. Craft in any medium will be eligible for entry, and conditions of entry are provided on the entry form. Closing date for entry forms is 25 April, 1986. Further information and entry forms may be obtained by contacting:

Cecily Bree
Crafts Officer
CCNT Alice Springs Division
PO Box 85
ALICE SPRINGS 5750
Ph: 089-524-417.

'ON THE SHEEPS BACK', 17-24 June, Adelaide

This competition is the joint venture of the South Australian Coloured Sheep Owners Society and the Handspinners and Weavers Guild of that state. It features the sixth national coloured fleece competition with ample classes also for handspun wool and wool crafts. The aim of the competition is to encourage excellence in the production of naturally coloured fleece and in spinning the wool into yarn. The two groups also wish to foster and bring to the public eye the potential of wool handicrafts — through technique, design and finish. For further details and conditions of entry, write enclosing a SAE to:

SACSOS
PO Box 110
EASTWOOD 5063.

DYEING FOR FIBRES AND FABRICS

Dyeing for Fibres and Fabrics, a special publication of the Australian Forum for Textile Arts continues to meet with great interest. Glamorous it isn't, but it is full of quality information on many dyes and dye processes — all at the reasonable price of \$9.00 (postpaid).

The Australian Forum for Textile Arts
PO Box 77
University of Queensland
ST LUCIA 4067.

COMING OUT NATURALLY

Coming Out Naturally is a newly published book and invaluable resource for women and couples considering birthing choices or seeking an alternative to hospital-orientated birth. It presents homebirth as a safe, responsible option, examining the risks and providing information, to enable couples to accept responsibility for their baby's birth. The book is available from:

Home Midwifery Association Qld (Inc)
10 Ruth St
WISHGATE HILL 4101
Ph: 07-444-687.

HEALTH THROUGH GODS PHARMACY

Here at last in Australia is Maria Treben's classic book. Comprehensive instructions and sought-after personal advice from Europe's most popular herbalist on the use of medicinal herbs. These time-honoured herbal remedies that have been shown to cure even 'incurable' diseases are available now in one well presented and clearly illustrated book for \$9.95 (plus \$1.50 postage) from:

Greenborough Wholesalers and Retailers
PO Box 119
OSBORNE PARK 6017.

POISONING BY PESTICIDES

Published by the Department of Industrial Relations in NSW, this booklet is aimed at those working with pesticides or the treatment of those suffering from pesticide poisoning. A range of poisons are discussed with the poisoning action (absorption through the skin is often the major factor), the symptoms and treatment outlined. For the interests of more general readers, some of whom may have had problems with aerial spraying on neighbouring properties, the safe handling and usage of pesticides is detailed along with first aid advice should poisoning occur. For the technical reader, toxicity tables (compiled from animal tests) are provided on the back. Further information on this authoritative booklet can be obtained from the nearest Regional Office of the Department of Health, NSW, or from:

Division of Occupational Health
Department of Industrial Relations
PO Box 163
LIDCOMBE 2141.

FOUR GIPPSLAND POETS

Four poets who all gain their inspiration from living in Gippsland have recently published a collection of their works. Each poet has a different style and interprets life and death, children and animals, hopes and fears with imagination and insight. The poems are touching, sincere and exude a warmth that will reach the reader's heart. The detailed line drawings are done by a woman who also grew up in Gippsland. They reflect the tone of the writing and serve to illustrate the poems very well. Available for \$17.50 from:

JRP Publishers
14 Stirling Ave
TRARALGON 3844.

INFORMATION AVAILABLE UPDATE

In *Information Available*, GR 52 we gave the wrong information about the distributors of the publication *Social Characteristics of Alternative Lifestyle Participants*. We apologise for any inconvenience this may have caused. Readers can obtain a free copy from:

The Officer of Youth Affairs
Department of Prime Minister and Cabinet
PO Box 826
WODEN 2606.

BUDGET AUSTRALIA DIRECTORY

Readers, please note that T. Baxter advertising the *Budget Australia Directory* in *Information Available*, GR 49 is no longer at the address printed. We will publish his new address as soon as it becomes available.

FARMING ANGORA GOATS IN NEW ZEALAND — Dara Robbins

This booklet is the best general reference I've yet read concerning Angora Goats. It contains well set out general information on the basic Angora farming issues. There are sections on fencing, shelter, nutrition, mating, rearing young stock and routine health care that are all relevant to Australian or New Zealand conditions. A clear, concise description of mohair fleeces and the handling of them is given, with several other chapters on subjects like transport and weed control. Lastly, the Association has set out its standards to encourage the breeding of high quality Angora livestock. Altogether a most useful little book that is available at \$NZ5.70 (includes postage) from:

The Executive Producer
Mohair Producers Assoc.
PO Box 3247
WELLINGTON, NEW ZEALAND.

Feedback Link-Up Feedback

Dear Brothers and Sisters,

Well, after finding a caretaking position through GR in the Braidwood area of NSW, we finally found 5½ acres of bush with a good creek, which is up and flowing well now with all the regular rainfall. And even though it's so hot here, it's so much nicer than freezing down in south NSW. We didn't want to cut down any living trees, but have learnt the hard way — gardens do not do well surrounded by trees! Will has been busy clearing a spot for our fourth vegie garden and the load of cow manure is waiting — so there's no reason why we won't have a lovely variety of edibles before too much longer hopefully. Never before have we had to live with fruit flies! They arrive in amazing amounts and help themselves to our fruit bowl or vegie basket. So it should be a miracle if we can grow a piece of fruit without gallons of spray, worst luck.

We had and are still having such an amazing amount of feedback from our letter in GR written from Braidwood concerning social security. Great to know there are so many Christians that are into GR lifestyle and The Lord! It's no use buying land and thinking you can survive in your own little paradise and then having the most painful reality attack. Just realise, Jesus is alive and does still perform miracles, but we never ask Him.

Mari and Gendal, GR 52, we agree absolutely, plenty of other days to give each other gifts, if necessary. Why not give to the poorer at Christmas, and do good for others and worship the Lord — or face up to the fact that everyone has just been self-indulgent and not giving even a thought to what they are doing. We refuse to celebrate at Christmas, much to the anger of one of our parents, and we've been made to feel as if we don't prove we love them by not giving — what's happened!? The world has begun to accept so much sin and we have grown used to existing with a poor or non-existent code of ethics. God bless you all.

Juanita & Will Smith
Post Office
GUNALDA 4570.

Dear Grass Roots Readers,

Happy New Year to you all! Our new year resolution was to send a subscription to *Grass Roots*, so I don't have to sit on the floor of the Naracoorte Library each month thumbing through the four or five GR magazines that are left. Our son introduced us to these marvellous magazines some six years ago. (We're a couple in our forties.) We live right in the middle of Apsley, a very tiny town. We have two small dogs, Taffy and Tuffy, and our chooks. They are happy chooks, which we release each afternoon. They rush around our house, grabbing snails and after pounding them on the cement they greedily stuff them down. As for the earwigs! We call our chooks, lift up a stone, length of timber or whatever, and not one earwig escapes.

We are ex-farming people, whose children have all grown up and gone their separate ways. We feel the grass roots ways are the only way this earth will survive. We started our marriage with kero lamps, Mrs Potts irons, a hand vacuum pump washing machine, and here we are 27 years later. We now love having hot water, air conditioner, auto washing machine, and power tools. We feel this is the best of both worlds. We have a vegie garden, which despite attacks by couch grass, sparrows and the odd earwig keeps us pretty well fed. We left our last home mainly because of the vineyards which encroached right up to the edge of town. The amount of spray used in the area was frightening. We were drinking rainwater, knowing the sprays would have been settling on our roof for years. Here we are surrounded by beautiful gum trees. We hope the local shire leaves us a few after they have finished 'cleaning up' the town.

Anne & Denis Adams
ASPLEY 3319.

Dear Grass Roots Readers,

I am not looking for a soul mate, just kindred spirits close by. Early last year a diving accident left me a quadriplegic. I have a botany degree and consider myself a musical brown rice man. If there is anyone in the district in need of a good ear or a slow talk, here is my phone number.
Om Shanti.

David King
'Kintaburra'
RMB 168
Illaroo Rd
WEST CAMBEWARRA via NOWRA 2540
Ph: 044-460-261.

Dear People,

I feel compelled to write in answer to some controversy in feedback about Michael Duncan GR 50. Good on you Michael, you certainly hit the nail on the head. You are right, so many want everything for nothing or very little, but when they find a sucker who falls for their woes, what do they do, abuse it of course. Yes we would like to claim to be alternative lifestyles. We did make the move four years ago after raising a large family in the city, working hard to achieve our dreams, and most willing to share and swap. What a rude awakening. Maybe it is our age (50 or so) or maybe we represent what the others got away from, an honest clean life and values. There are some genuine folk around here, and I don't doubt everywhere, who are hard working and truly seemed to cramp their lifestyle. There are some genuine folk around here, and I don't doubt everywhere, who are hard working and truly arriving at self-sufficiency, and we admire those who do and take our hats off to them. But there are those, and unfortunately there are many, who are filthy, foul mouthed, ill mannered, dope smoking, lazy layabout, dole bludgers claiming to be conservationists, living like animals, unwilling to work, and condemning those that do.

As for David Hawcroft's article on how to build a free house and about society as a whole — have you never heard the old saying, God helps those that help themselves, but God help those caught helping themselves. I think, and many do likewise, that it is time for helping ourselves and stop asking for handouts. David, your plan for such a building is great, and we plan to make a cow shed like that. But, it shall be built on our land. Neither you nor anyone else has the right to just build anywhere, a right to do something has to be worked for, not just taken for granted. God help this country if those penurious thousands in the cities take your advice. The only way Australians will set themselves free is to work for it. Don't say there is none because if you want it bad enough there is. To achieve a dream you must work for it and work hard, or it will be just that dream.

Dream Come True
BEGA 2550.

Dear GR,

Thank you Meg, David and co for a great magazine — a real treasure to have on the book shelf. I have a few queries I'm hoping someone out there may be able to help us with, the first being INFERTILITY. My husband has an extremely low sperm count and we have been told we have very little hope. We have a son from my first marriage whom we love dearly but, as many will understand, cannot stop the desire to have more. When I think back to Scott (now 3½) being placed in my arms I still cry. Speaking of miracles, does anyone know how to cure CHRONIC LOWER BACK ACHE? I have tried gentle floor exercise but suffer worse the days after. Jannette Buchanan, formerly of Quambatook I think now of Forbes, I would love to hear from you. I used to be Susan Brown (well I still am, only the name has changed). Anybody who wants to drop me a line, I would love to hear from you. Homebirth, recipes for vegie meals, candle making, and shampoo, I am interested in most things. Peace and happiness to you all. The world can provide for everyman's need, but not everyman's greed.

Mrs Susan Sambucco
23 Garden St
BLAIRGOWRIE 3942.

Dear GR Readers,

Is there anyone in NSW who can help me claim my own piece of Aussie countryside? I am looking for 5-10 acres either near ocean, river or tidal creek, as I love fishing. An old shack would be okay. Ideally the land should be heavily timbered and rocky as I wish to eventually build a stone and timber yurt. A permanent creek would help. I intend to pay cash to a private seller. No communities please, as I love to do my own thing.

I am a young, healthy female (25) not afraid of hard work. I'm a nonsmoker, nondrinker, eat little meat, ride a motorcycle and love animals, wildlife, photography, travelling and happiness. Along my travels, here and overseas I have come into contact with some very 'aware' beings. If anyone feels they are psychically aware (ie relates to ESP, telepathy and believes in such phenomena), I would really welcome your ideas and experiences. If anyone has land along these lines they wish to sell, please write as soon as possible.

Andrea
C/- 33 Gilda St
NORTH RYDE 2113.

Feedback Link-Up Feedback

Dear Readers,

We live in an area where bore water has a high level of minerals; because of this, ordinary soap does not lather and liquid soaps are too expensive for regular family use. Do any of you have TRIED AND TESTED SOAP RECIPES? I would be grateful as this has been going on for three years now. If there are any families travelling around, preferably with caravan or tent, we would gladly supply a place to camp and meals in exchange for some company (particularly for our children) and a hand around the farm for a few days. Write or ring first please. Does anybody have a RECIPE FOR MUSTARD MADE WITH MUSTARD SEEDS?

Gloria Christie
Post Office
WOODSTOCK 4816.

Dear GR Readers,

We are a family of six and now would like to make the big break and move to the Gosford area or Tasmania. What we are looking for is a home with a few acres on a long term basis, for rental or purchase at a reasonable price. We both have had farmhand experience and live as close to nature as possible which is very difficult here under these dusty, dry windy conditions. We have one daughter who is slightly intellectually disadvantaged and emotionally disturbed and keeps getting into trouble with the wrong crowds. We have been advised to take her away to a quiet place with abundant animal life. Please can some kind hearted person help us out as we are becoming quite desperate and very much run down. We are saving now to move and would like to be in a new home anytime after August 1986. Thanking you all.

Peter & Marj Gronemyer
PO Box 218
TENNANT CREEK 5760.

Dear Grass Roots Folk,

Does anyone have a spinning wheel (second-hand) for sale and some beginner patterns for children's jumpers and leggings? To Alison Bradley re nappy washing. My best non-irritating method of nappy washing is to soak in water (bi-carb can be added for stains) then wash in hot water and grated sunlight or velvet soap. It's not too sudsy and it does clean! If you want really white nappies a good old boiling every few weeks will do the trick. Thanks to everyone for a wonderful magazine.

Debbie
26 Rollo St
GLADSTONE 4680.

Dear Readers,

We are 24 property owners who have farm and country accommodation to offer Grass Roots folk. Anything from homesteads to tents, including one owner who will let folk live there indefinitely for \$10 a week. For more information please contact me.

Dave Hawcroft
The Blue Tin
Cassius Rd
MUDGEE 2850
Ph: 063-734-763.



Dear Meg and David,

We have built a dam too close to our house (25 m) and have a problem with frogs croaking at night whenever it rains. We do not want to fill the dam in as yet, so perhaps some readers have overcome this problem with crayfish or eels etc. Answers appreciated.

R. Ruwoldt
3 Mile
CROWS NEST 4355.

Dear Readers,

The feedback from people all over Australia using *Aloe Vera Barbadosensis* leaves has been amazing. It truly is a wonderful plant. Aloe leaflets are still available for those who would like them — but please send 4 x 33c stamps to cover cost of photostats and postage. Thank you. you.

Isabell Shipard
Box 66
NAMBOUR 4560.

Dear Grass Roots,

Thank you for printing my letter in GR 51. From two replies I received it is clear I missed my point. That is one does not have to be very old to have lived pre-electric in the country. I am just 37 years old. 5 ft 10 ins or 175 cm tall, fair hair, green eyes and don't smoke. I would like to hear from any ladies that wish to write or may be visiting Cairns. To Karyn Nelson GR 51 of Townsville, there is a very good Chinese herbalist in Cairns, Dennis Wong. For address see the phone book. am not sure.

Ken Robertson
5 Mylchreest St
CAIRNS 4870
Ph: 070-515-760.

Dear GR,

To answer Cathy Lonsdale in GR 52, you can buy a good second-hand silver flute for around \$200, maybe less. Nickel-plated are cheaper and are reasonable for a beginner. The more silver in a flute, the better the tone and the better it wears. It is impossible to explain what you should be looking for and as it is equally impossible to learn to play without a teacher — you would most likely fall into bad habits which are difficult to get out of later. You should get your future teacher to give you advice and look at anything you wish to buy. Another reader asked for sources of organic wheat and rye (I can't find the letter now). I buy biodynamic wheat from David Williams, 'Demeter', Breeza 2381 for \$22 a 70 kg bag (plus freight).

Macclesfield Rd
AVONSLEIGH 3782.

Dear GR,

Thanks for the great reading. Now, to all those people who seem to be having health problems, I suggest the book by Viktoras Kulvinskis, *Survival into the 21st Century*, is essential reading for any person wanting a good reference book. Now, a plea for help — please does anybody have a plan for a manual throwing wheel for pottery. Any other correspondence will be replied to.

S.J. Winter
Lot 29 Boronia Cres
COCKATOO 3781.

Dear Folks,

I am a 73-year-old woman who would like some help with VARICOSE VEINS AND ULCERS on legs, that will not heal. The doctor says my kidneys are not working as well as they should and the medicines the doctors prescribe are too strong for me. Is there any herbal medicine that would help and if so how do you take it. Have been a reader of *Grass Roots* since No 29. I look forward to it each issue as I have no family and do not make friends very easily. All letters will be answered.

E.L. Mellor
22 Pines Pde
GYMEA 2227.

Dear Grass Roots Readers,

I'm hoping somebody can help with two requests. I live in Wollongong, NSW. One of the passions I yearn for is country life. I'm also a great believer in Australia's history. So my first request is, are there any people on farms or living in the country that would not mind me staying with them for weekends? In return I could help them out with work. My second request is, are there any GR ladies between 21 and 30 who would like to correspond with me? I'm single, male, 27 years of age, hard worker, yearning for a relationship (single mums okay). Interests vary, love the land, bush, past Australian history, write poetry, love a challenge. So if any GR readers can help with either of these requests I would be sincerely grateful, and all letters will be answered.

Daniel Stern
1/2 Buckle Cres
WEST WOLLONGONG 2500.

Dear Readers,

I am an electrical engineer, 28 years old, who loves all animals (I should have been a vet). I have a Newfoundland dog called Teddy Boy, a goat called Billy the Kid, and a 'herd' of four cows. If any GR-type girls want to correspond, I will answer all letters.

Peter Laughton
PO Box 186
ALBION PARK 2527.

Feedback Link-Up Feedback

Dear Friends,

We are a couple, both fine artists concerned with human spirituality and conscious awareness, trying to fit into and make a living in modern urban society. These words might sound empty and clichéd, but what we are really looking for are those things which give life meaning, yet this society and culture does not seem to offer them to us. We know there must be others who feel as we do; groups and communities which share a vision of living according to the wisdom and knowledge of all the world's prophets; Buddhists, Christians, Hindus, Moslems, native Americans and Zorostrians who believe in treating all things with the respect and consideration they deserve. Yet, day by day we find this society moving farther and farther away from these ideas; we're finding that we don't believe in the way this system works, the principles it operates on; we don't believe in the direction this culture is taking towards greater and greater dehumanisation; we don't believe in putting a greater value on material things than on people; we don't believe in paying taxes so that the government can build more weapons.

We are searching for an alternative; for a place where we can direct our energy, experience and knowledge towards the things which we do believe in; wholistic consciousness, cooperation and harmony with the life force. We say that we are artists, because of the distinction made in this society between the artist and non-artist, yet we are all artists as soon as we realise the beauties of life and the power and energy that the beings around us have to offer. We'd like to be free to practise a lifestyle which centres itself around seeing the art and spirituality in every action, every being and every thing, but revolves around no specific religious ideology.

These ideas started long ago, but society on the whole is still unable to accommodate this way of life. We know there must be others, groups and communities, sharing a similar vision who need the energy and support of new idealists, and we can't conceive of people living together without certain problems and challenges arising. But, we prefer to approach these struggles creatively, cooperatively and consciously as opposed to the mechanistic, self centred way of modern society.

Yet, our knowledge about places where these things are possible is very limited, as it is difficult to find recent publications detailing their whereabouts, various philosophies etc . . . We would very much appreciate any information and/or guidance you could provide us with. Hope to hear from you soon. Blessings.

Hamid Alavi and Andrea Brewster
155 Gifford, Apt # 1
SAN JOSE CA 95110 USA.

Dear Readers,

I have been in the country for five years now, having moved from the city, and have no regrets whatsoever. I live in a small town, it is a great place to bring kids up. I have two boys. I have a little miners cottage that I am doing up. I also have lots of fruit trees, mainly plum, but have run out of ideas to use them. I do the usual bottling but would like a recipe for a nice plum wine, so I hope some of you clever people can come up with one. Also any of you guys who feel like dropping me a line please do. I am 34 years, have a good sense of humour and will endeavour to answer all letters.

Ree Featonby
19 Brown St
STAWELL 3380.

Dear Grass Roots People,

I bought a copy of your magazine for the first time today and my only regret was I hadn't done it years ago, I was thrilled to see there are so many good down-to-earth people out there, I was starting to think there were few left. I am a 25-year-old single mum from Victoria. At Christmas my six-year-old daughter and I are going to NSW to try and start life afresh. I have never gone interstate before, therefore I haven't a clue where to start looking for an appropriate place to live. I'm looking for a small house within reasonable distance of a school but I can't afford too much rent because I'm on a pension. I would like to grow vegies and herbs as I did in Victoria and was hoping there would be some nice bush or countryside around. If anyone out there within a couple of hours of Bateman's Bay area knows of such a place could you please help me as I'm longing to settle in a place of my own. Any help would be greatly appreciated.

Jan O'Day
C/- Mogo Goldfields Caravan Park
MOGO 2536.

Dear Grass Roots,

Christmas morning finds me reading GR 52. Thought I would contribute to feedback. I grew up in Tasmania heading into the depression years. Dad was clearing a farm and raising six children. Prices were so poor, both for produce and livestock. He decided to start butchering as a means of selling our own meat as well as our neighbours. How we disliked the whole setup but, on looking back we always had food and what an education in self-sufficiency.

On coming out of the army, I moved to Melbourne where I worked for 33 years. From back-yard gardens in rented homes to my first home which had a huge back yard. Nine years later to 10 acres, 30 miles from Melbourne. As it was an old goldmining area, the soil was very poor. (Good for mudbricks.) But I could at last have the best of both worlds. I estimate that with a lot of bartering I achieved 80 per cent self-sufficiency. I raised seven children; meat, poultry, and vegies were home grown. In 30 years we produced all our own eggs with a few to sell to cover costs, and with the help of several goats never bought milk for 22 years. Groceries etc were bought wholesale and as we lived out in the country the savings including petrol and time were considerable.

Two years ago I retired and sold the property, because most of my family were doing their own thing. The eldest daughter is living in a nearly completed mudbrick home; she also has her chooks, goat etc. Also solar panels for electricity. Now I am preparing for a horse-drawn wagon trip along the river system of NSW. I would be interested in sharing this trip preferably with someone with horse experience, or someone with own wagon. I could help with some gear and perhaps horses. Intend starting when fire restrictions are lifted in March. Would be interested in hearing from or meeting GR readers. I have 40 acres here and have set up a permanent camp, could help three or four interested people with short term camping. I can be contacted at this address until April.

L. Jackson
C/- Post Office
BALLDALE 2646.

Dear Grass Rooters,

I am writing in reply to Deanne Russell who has passed judgement on a member of the human kind — Michael Duncan. Her underlying message to us all is that if anyone refuses to accept the dogma of Christianity then she or he is doomed to a point of insanity. Inner strength of the individual aura who rationalises the cosmic awareness of the universe and survives on planet mother earth in the twenty-first century in the era of atomic weaponry of ego nations, does not need the mystification of dogmas of religious sects, who like sheep follow the words of the war lords into battle. The gods of mankind, mystical auras of neurotic thought, reincarnations of what humans choose as a belief of ego, have been the cause of countless wars. Deanne Russell must use logic instead of emotionalism to support her objective protests about other human's behavioural trends and the patterns of their brief lives on planet earth. If Michael Duncan wishes to whinge about society then it is his or her social democratic right to do so — after all, there are 700 religious sects on this planet, which one you choose is your right of freedom.



K.J. Bradley
C/- Post Office
WEST KEMPSEY 2440.

Dear GR People,

Hi to all you easy going friendly folk out there. I will be going to Western Australia in late Feb/early March. Trying to find work around the Fremantle area. I have travelled there before and enjoyed the markets and atmosphere (I only hope the America Cup Challenge hasn't changed the fair city too much!). I will be in need of share accommodation when I arrive and would be rapt to live with a person/s, preferably female (I'm not gay) with similar interests. I am a 25-year-old Cancer lady, and I enjoy all handcrafts, music, yoga, healthy living and healthy food. I am not religious. To me, God is finding peace and contentment within oneself. I would love to communicate with anyone who wants to write, as I know friendship is the most precious thing anyone can give, or receive.

S. Thompson
PO Box 1293
INNISFAIL 4860.

Feedback Link-Up Feedback

Dear Meg, David and Co,

Since last writing to you, Robyn 32, Jason 15, Michael and Matthew 12 and Adam 5 have achieved quite a bit. We now have our goats. My happiest moments are those spent down in the paddock. Junie, our four-year-old Saanen, is the 'boss'. She is very affectionate to us but has not been taught to lead properly. I spend about ten minutes at a time three or four times a day trying to walk her around the paddock. Usually she drags me the opposite way to which I want her to go but we are making slow progress. Kristie, the British Alpine cross is very lovable and does exactly what you want her to (well, most of the time), Coco her dark brown and black kid is a real charmer. Last on the list is Horrie, a beautiful Cashmere buck kid. Six months old and still a real sweetie who loves having his neck and chin scratched. We will soon be getting two Cashmere does to add to our collection.

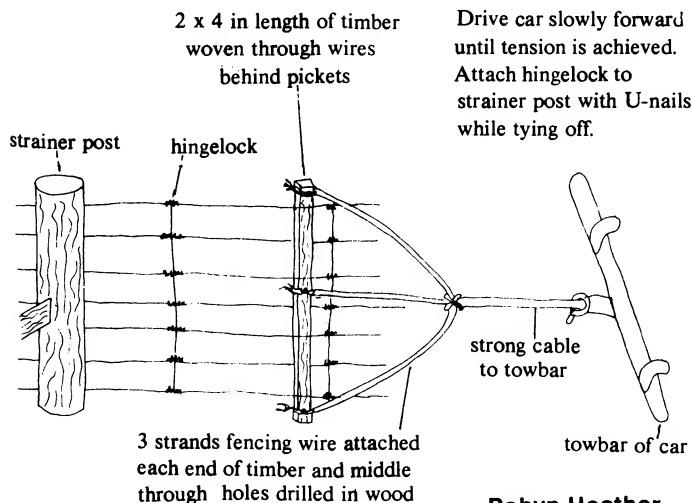
Before we could get our goats we had to fence a paddock and build a shed with a separate yard for Horrie. We managed to do it all ourselves without any of the proper equipment. Our steel post driver was a length (2 ft) of heavy steel pipe. The ring lock wire was strained by weaving a short strong plank between the pickets and attaching fencing wire to each end and middle then, with a strong PVC coated wire tied to the tow bar of my ancient toyota sedan. Unorthodox maybe but it works! We knew nothing about fencing when we started but with a little ingenuity and a lot of hard work we have one good fence. When finances permit I'll buy more fencing materials and build an adjoining paddock. It will take a while as we are on a widows pension and money is usually pretty tight.

We hope to get some ducks soon, when we find some available. We had a drake given to us a while back. He wanders around quite happily with the chooks at present. I also want to enlarge my collection of chooks, maybe with some bantams.

I did start a nice herb garden but my eldest son's puppy put paid to that idea by demolishing every plant and pot while our backs were turned. I did a lot of screaming and rock throwing that day. No, not at the pup, at an old log. It's sure a good way to let off steam. Thanks for a wonderful magazine. Many times it has helped me over a bad patch when I get into my 'I can't do it' syndrome. It renews my faith and gives me the courage to carry on after reading a few articles or letters in my back issues. To any other single parents contemplating a move to the country. Go all out to achieve your dreams, you won't be sorry. My kids are really enjoying the different lifestyle too. I've had few complaints of boredom these last holidays.

Finally, are there any GR readers in the Mudgee-Gulgong district who would care to get in touch? I would love to hear from you and meet a few new friends. Call in for a chat and a cuppa, but please write first if possible so I can have a chance to unravel some of the chaos before you arrive.

Do-it-yourself fence strainer.



**Robyn Heather
'Driftwood'
GULGONG 2852.**

Dear Reader,

There seems to be quite an interest in Tasmania by many GR readers. Thanks to Sharon and Ron, down Huonville way, we were encouraged to 'cross the strait' — our best decision yet. We are not alone, however, as we've met other mainlanders here and all are very happy with their new homes. We found the NW to be our utopia, with its beautiful terrain, moderate climate, rich soil, plentiful water, and reasonable land prices. In Tassie it is possible to buy land at a good price and still be close to good sized cities. Peter Robinson (GR 51) is so right when he lauds the change of seasons which cannot be found in tropical areas. The beautiful autumns, cold winters (no colder than Victoria we've found, contrary to popular belief), brilliantly green springs, and mild summers are truly varied and each lovely in its own way. To escape the extreme heat of a mainland summer is pure bliss, as a 28 degree day here is a real 'scorchers'.

The relaxed way of life and of the people here extends also to the bureaucracy in that councils have a realistic attitude when it comes to owner-builders like ourselves. Everyone here lives in caravans or shacks whilst building their homes, a practice which is not tolerated in many mainland states. Costs of power connection are the best surprise of all. The HEC supplies a transformer, if needed, and the first sling of wire. Our costs were \$236 to bring the power 150 metres, including transformer. We'd budgeted \$3000 so you can imagine our delight.

Our Jersey is due to calve at Christmas, our chooks are breeding, our sheep lambing like mad, and next year's beef is fattening in the bottom paddock. Our kids are thriving (as are the blackberries, unfortunately) and we are happier and more relaxed than we've been in years. We are also poorer than we've been in years, but we get by, and money cannot buy the contentment we feel here in Tassie. Family is what life's all about, and this is one family who feels it has 'come home'. May 1986 be the best one yet for all GR readers.

**Jenny & Noel
Box 123
RAILTON 7305.**

Dear Grass Roots,

It seems this wonderful alternative lifestyle so many seem to be seeking isn't so wonderful after all, if the 'For Sales' in GR are any indication. Utopia is all very well to dream about but it doesn't happen in everyday life. To live in the country (whilst it appears to be a halycon existence) is one hard slog after another, that is if one wants to earn a living off their particular plot of ground. The style of life some GR people seem to be seeking is the lives of our ancestors who strove to produce a better way of living. Why turn back the clock, why not forge ahead and use all those terrific mod cons they made possible, ie running water, electricity, schooling, modern transport, comfort in the home. And above all let's not use other people's generosity as a stepping stone to take what is rightfully theirs. There are most generous souls out there, as evidenced by letters offering homes and goods. There are also very selfish ones who desire a way to the top without giving or paying. After all that, please let me congratulate Michael Duncan for a truly witty letter. You describe some (mind, I say SOME!) writers to GR with such remarkably clever humour, that after I read it I just sat back and roared with laughter. Your humour certainly has a place amongst all the seriousness of life and the constant trying for something different. Take no notice of those few who lack a sense of humour, please keep writing in the same vein. I, for one, will certainly read it.

Deanne Russell seems to think you made a personal assault on her. She should read between the lines and do what I did — have a good genuine laugh about something meant in fun.

**J. Kime
34 Rosemount Drive
RAYMOND TERRACE 2324.**

Dear Readers,

Well, here I am back in Sydney again after years roaming the east coast and SA. I'm completing a study course I began in the late seventies and when that is finished, my son and I will be heading for a small cottage in a rural area again. I would like to make contact with any vegan parents or vegan singles about their experiences and thoughts on veganism and maybe swap some recipes.

**Karen Burns
28 Kathleen Pde
PICNIC POINT 2213.**

Feedback Link-Up Feedback

Dear Friends,

I have read with interest, over the years, Feedback letters from people building bomb shelters or buying land in 'safer' places. The fear of a 'nuclear holocaust' has been hanging over us for a long time now. It seemed to be fairly remote from Australia. Most of us have continued with our heads down fighting the latest bug in our organic garden or dealing with animals' problems. I suddenly came to the realisation that all this 'putting into practice' of a better way of living on earth could be destroyed in an afternoon. Now that the nuclear winter effect has been discovered by prominent scientists in USA and USSR, none of us can hide or save ourselves from the consequences. The years of hard work, sticking to environmentally safe procedures, caring for individual animals, feeding the family a healthy, well-balanced diet are being threatened by insane human beings on the other side of the world.

The Australian Conservation Foundation has stated: 'The efforts of environmentalists to care for wildlife, protect wilderness, retain native forests and made living and working environments more pleasant would count for nothing if there were a nuclear war... this is the ultimate environmental issue and if it is not solved, all other problems are irrelevant'.

A growing number of people in this country have come to realise that they must do something about it. It is obvious that governments are not prepared to be realistic about the dangers of the situation. They are affected most by what the majority of voters think — that includes us! There has been a steady growth of Peace and Disarmament groups all over the country already, as well as in the cities. People for Nuclear Disarmament is one of these. It is a non-party political, non-sectarian group that believes a mass movement of people will stop the nuclear madness. The number of people supporting the Palm Sunday rallies has proven that a lot of Australians are concerned enough to do something. I am urging grassrooters to come out in force and support this movement. It will mean the occasional trip into town from your bushland retreat.

If there is a peace group in your local area, you can be sure that all the work is being done by a handful of dedicated, tired people. They'd love to see a new face, a new family amongst their ranks. Even if it is only to attend public meetings and rallies, or donate something to the next fund raising stall. If there is not group in your area, it is very easy to get one going. There is a lot of support for new groups from the state branches — literature, peace products, films and speakers are readily available.

1986 is International Year of Peace. Each one of us adds to the numbers, world-wide, who are saying to their governments — 'STOP! We want to survive, we want the earth and our children to have a future!' For PND contact addresses see Information Available.

**Bev Smiles
WOLLAR 2850.**

Dear GR Readers,

I have read this magazine a long time, comparing what others have done with my own efforts, always the interest being in the comparison with those who have, in at least some way, been successful.

Over the last five years that position and attitude has been changed drastically, bringing a much clearer identification with the losers, those whose living patterns are suddenly, or over a period, destroyed, taking away the usual support patterns — family, partner and social group support, without which and without sufficient money we struggle. Some win but not enough. This is not a plea for I have some land and perhaps enough money to build a house. It's my belief that while we are isolated and still get our various pensions — the dole, supporting parents, disability etc — these only serve to park us in a sort of used car lot while the new car owners rush by laughing.

We have to change that, by our own effort, for few indeed love a loser and only losers really know that. This letter is to test whether there are enough other people who think this can be done. Enough people who are alone, and who in the long nights think — who cares about me? Who is going to give help when I need help? Who is going to look after my kid(s) if I'm sick? And all the other nightmares which come out of the woodwork after dark. There are a lot of places with good people but they are easier for couples. The people I'm writing to are alone, lonely and scared. If you are one, would you care to drop a line (please SAE for reply); perhaps between a few of us we may find some sort of solution.

**Ron Barnett
Post Office
CANDELO 2550.**

Dear Fellow Grass Roots Readers,

This is to tell you how we found paradise, as I know many people with or without families are struggling just as we did to find their piece of Australia, to settle down, be happy and not have to worry about the hustle and bustle of big cities, being able to bring their children up in an environment that will be of value to them in later life. My wife, two children and I set out in August 1981, to travel Australia in a caravan looking for our ideal lifestyle. We were not very financial, but were determined to own land along the NSW coast and even along the south Queensland coast. Prices were so exorbitant, not at all what we expected and we were in doubt whether we would ever find a place to call home.

Then things changed, we found exactly what we had hoped for near a little town called Rosedale, where the beaches are spectacular, the rivers are abundant with fish and mud crabs, with which we supplement our food supply. The area has so much going for it, the weather boasts the best in Australia, seldom going above 30 degrees and below 11 degrees. And is only a short boat ride to the Great Barrier Reef. The best way I can find to describe the area is Noosa thirty years ago.

I can honestly say I don't envy anybody, I bought a 40 acre farm with plenty of water for \$16,000. It's only 15 minutes from a secluded surf beach and five minutes from a deep salt water river. My home, which consists of 22 squares under roof, I built out of timber on my own block with a lot of help from my neighbour. It cost me a total of \$7500. Besides having beaches and rivers the area has thousands of acres of National Parks with rainforest and beach protection laws. Our food supply is mainly provided from the animals and vegetables that my farm keeps.

Since I have moved into the area I have been able to help some of my friends and relatives find their piece of paradise. I would be only too happy to help anyone in the situation we were in. Don't hesitate to write to me and I'll send you details of the area.

**Contented Armstrong Family
M/S 937
Taunton Rd
ROSEDALE 4674.**

Dear Readers,

Has anyone a good recipe for carob cakes and biscuits, as my son loves carob and I would like to help him enjoy it even more. Also I am looking for a genuine, caring man who would love us as a family, my son is six years old and is a lovely boy; I am 27. We are both Scorpios and are typical Scorpians. I am looking for someone who wouldn't worry about tattoos I have, someone who would like a genuine sincere, very loving, pretty lady to share his life with. Someone who is between 20 and 40 years, who has been there done that, and is ready to settle down for a family life. Someone who cares how a lady should be treated, and would also care for my son as his own. There is a lonely gap in our lives, so come on fellas, don't be shy, I know there is someone out there waiting for me. I don't drink but smoke, and am not into drugs. Please write only if genuine and in or near Shepparton. All letters will be answered.

**Deidre
C/- 5/43 Skene St
SHEPPARTON 3630.**

Dear GR People,

I have only just started reading this great magazine and I love it. I get my copies from the library and can't wait to finish one so I can change it for another. I know I will never own land in the country but am quite happy to make do with my lovely house in the town. I have come across this recipe for household soap in a very old book of my mother's called *The Home Treasure*: 6 lbs of washing soda, 3 lbs slaked lime, 4 gallons of water. Boil for half an hour, then let it settle and strain clear. Add 6 lbs of clean fat to the strained liquid and boil till thick. Pour into a tub and cut into bars when cold. Great care must be taken when it first boils up or it will overflow and then it will be useless as the soda is lost.

I love the articles on patchwork quilting and have just bought enough material to start one for my double bed. In GR 28 a letter from Renate showed how to make 'powder puff' work. I have already started a cushion. Also in GR 40 a Doreen Blyth from Napperly had an article on quilts. I would love her to get in touch with me as I don't live too far away from her.

**Lyn Nickels
27 Seymour St
PORT PIRIE 5540.**

Feedback Link-Up Feedback

Dear Readers,

I'm a 29-year-old female teacher currently employed in Sydney. Although fond of occasional bouts of 'raging' I find more and more that I'm keen to escape the city on weekends, in search of peaceful, relaxed pursuits. I love sun and water, highly unprofessional music making (preferred genre — folk), cycling, reading and sharing ideas with interesting people. Is there anyone amongst you who would care to share some of these pursuits with me? Perhaps you live not-too-far from Sydney or in the city and share my escapist notions. If so I'd love to hear from you. Congenial companionship is to be treasured.

Sally Wallace
C/- Post Office
WINGELLO 2580.

Dear Readers,

Better late than never! My husband and I, in our late 30s early 40s, and two-year-old son are about to set off on a search for our own piece of land. We will be looking in north and north east Tasmania. We will be visiting Tasmania from April 3rd to 15th 1986 and hope to meet any readers willing to share experience and information with two beginners. We will have our own campervan accommodation and hope to see as much as we can during our visit. We would welcome any letters from Tasmanian readers about possibilities there.

Jan & Joan Holland
55 McConnell St
KENSINGTON 3031.

Dear Meg, Dave, Sunshine and all at GR,

Cheryl Boissevain; the only sure-fire way to STOP GOANNAS EATING EGGS is to have the chook yard constructed that they cannot get in. The netting must be buried at least eighteen inches in the ground (or bury old corrugated iron — laid flat — around the perimeter). The run also has to be roofed with netting. Even so, you will still have a problem with goannas crawling over the wire and sending the chooks into hysterics. The only thing to do is to take the initiative — the best form of defence is attack. (Excuse me, the old goat made a sneaky sortie into the room whilst I was concentrating on typing this.) Dress yourself in good stout clothing and include a pair of gardening gloves, if you are worried about the tender skin on your hands. While the goanna is concentrating on getting into the chook house, very quietly walk up behind it (goannas are very single minded and you should be able to do this) and grasp its tail firmly near the end with both hands. Walk backwards with it until you have plenty of room to manoeuvre. You should have a friend standing by with a sound chaff bag. Lift the goanna from the ground taking care to keep those beautifully efficient claws facing away from you and at arms length.

Drop him — or her, if you have time to find out — into the bag and tie the neck securely with a piece of hayband or similar. Place this bag inside at least two more bags, tie them at the mouth and take goanna friend some distance away.

Untie the bags and get well out of the way. When it comes out, it will watch for the highest point within its field of vision. It is much more fun to watch if this is not you.

I once dragged a goanna about a quarter-mile through the bush before releasing it — the claw marks stayed in the ground till the next rain, some months later! Remember, that goanna hassling your chooks also eats young rabbits, rats and other harmful things and is one of the great cleansers of the bush — it eats a lot of carrion.

With regard to RATS IN THE CEILING: before taking any measures to eradicate them, ensure that they are introduced rats, and not native rodents, *Antechinus* or marsupial 'mice'. A ranger from National Parks and Wildlife will identify them for you — he will probably supply a 'live' trap for you to catch specimens.

Rats and mice can be driven from a house by placing a tin of smouldering cayenne pepper near their runs, they leave pronto, as will you if you get a good whiff. *Antechinus*, and other carnivorous marsupials, will completely eradicate the house mouse and insect pests in a building. To keep them out of the butter, bread and what-have-you, have little feeding stations set up for them away from the food stores. I have had them nest in the ceiling at this place; they are attractive little animals and not hard to put up with.

Frank Povah
C/- Post Office
WOLLAR 2850.

Dear Friends,

Since our letter appeared in GR June 85 issue, our touring plans have come to a halt for 12 months, as Eric has opened his own electrical business here in Kalgoorlie. We spent 6 months in lovely Leonora, 2½ hours up the map from here and met so many great country folk and learnt many interesting things. To Russell and Manita, Qld, Everett family, Vic and Penny Ferguson of Sydney, thanks for your welcome invitations to visit and we will certainly be on your doorsteps in the next 2-2½ years. Just keep the kettle boiling!

We are renting a very old large miners cottage here with walls lined with old cyanide tins cut and nailed on. A little bit of history and nostalgia goes with this humble cottage, also full air cooling throughout. We have planted 20 types of vegetables and feel like real pioneers as we battle to rear our plants in temperatures of 40 plus here in summer. The highligh of our day is late afternoon as we water them and see their hot dry little heads perk up again. Never having gardened before we are so proud to be able to pick and eat the benefits of our toil. Out here on the dry, dusty goldfields everyone has an uphill battle with gardening, but love, patience and plenty of watering does the trick.

Elizabeth has now turned 11 since we last wrote and is learning so much more than she would have back home in Wollongong. She, like us, can't wait until we start touring again. Our days are pretty full but loneliness creeps in also, and if any GR travellers or Kalgoorlie residents are coming this way, you are very welcome to stay and have a cuppa, shower or just plain rest. Give me a ring and I'll have the jug on for you.

Louise, Eric & Elizabeth Dutton
5 Old Kanowna Rd
KALGOORLIE 6430
Ph: 090-216-037.



Dear GR Folk,

We have a small farm in the Ballarat area which is almost self-sufficient. We have a small menagerie of animals which supply all our needs and like all GR animals are loved very dearly. With the help of GR (read religiously in our household) we have learnt the needs of our animals. We wouldn't intentionally cause our animals any pain or suffering. Although without thought we all partake daily in the cruelty of unfortunate animals that are being kept in laboratories for senseless testing.

I was recently introduced to an organisation called 'BEAUTY WITHOUT CRUELTY' which is trying to prevent these gruesome tests. BWC is a reasonably small organisation that is doing a wonderful job but they do need our help, and unlike most of these organisations our help won't cost us anything, if fact it can probably save us a considerable amount by becoming self-sufficient in the areas of cosmetics, soaps and household cleaners. We can all take a stand and hit the manufacturers where it really hurts. For those of us who can't spare the time to make our own products we can buy products which aren't tested on animals. I hope there are people out there who feel as we do. We certainly wouldn't like our animals to suffer the needless pain of these tests.

Neither the manufacturers of these products, nor their parent, subsidiary or associate companies, commission experimentation on animals during the formulation or manufacture of the final product. With the exception of soaps, which may contain tallow, the only animal ingredients used in these ranges are beeswax, lanolin, honey and in some cases stearic acid. Beauty Without Cruelty Ltd; Biokosma; Blackmores; Braidwood; Corps D'Elite; Creightons; Evanol Hair Dyes; Floris; Goanna Salve Ointment; Golden Wattle (Bee Pollen) Hair Care; Herbon Household Cleansers & Soaps; Hoffels; Hunzana; Hymosa Iguana Rubbing Lotion; Innox; Lechner; Meltone Products; Monastique; Nature's Herb Hair Care and Bath Oils; 'Parrot Brand' Eucalyptus Chest Rub and Oil and Euky Bearub; Paul Penders; Rimmel; Riverbank Herbs & Oils; Rivendell; Sharyss; Springwood Aromatic Oils; Swami Sarasvati; Thursday Plantation Tea Tree Oil; Tiki; Toms; The Body Shop; Vicco Herbal Toothpaste; Weleda; Yardley.

TALLOW-FREE SOAPS: Ahinsa Neem; Beauty Without Cruelty Ltd; Blue Palm; Chandrika; Herbon; Meltone; Self Managed Soaps; Vegol; Weleda. BWC (Australia), PO Box 93, NORTH MELBOURNE 3051, ph: 03-329-6962. QLD. GPO Box 1787, BRISBANE 4001, ph: 07-231-4842.

J. Reed
Main St
CORRINDHAP 3352.

Feedback Link-Up Feedback

Dear Meg, David and all fellow Grass Roots,

Thanks so much for the great uplift your magazine and letters give me. As I battle along I really look forward to each new copy with great anticipation. When my marriage broke up 6 years ago we three (Jo 36, Martin, in wheelchair 16, and Dwight 14) threw our lot in with a large family and started a community on a farm. Although we started out trying to be equal, some wanted to be more equal than others, so we gave that away and started out on our own.

While it has been hard I would not have missed it for the world. After caretaking a number of farms we have just bought a large caravan and set up in a park outside of Gympie. I plan to stay here until the boys finish high school and then to travel around the country. While I am not able to have a permanent farm and practice self-sufficiency I do try to live at peace with the world and its people. I devote a large part of my time to doing volunteer work with the unemployed as they seem to be in the most need of love and care. I hope that all your dreams come true and bring you much Peace, Joy and Love. If anyone would like to drop a line or call in please feel free to — let me know so I can be home for you.

**Jo Foreman
PO Box 497
GYMPIE 4570.**

Dear Grass Roots,

Thank you for publishing my request in GR 52 for Frances Barnes Bergamot essence. I have received the information I require — thanks to all who wrote.

Again I'm requesting from your readers some PATTERNS FOR 'AUSTRALIANA' ANIMALS (kangaroos, emus, etc) either knitted or felt toys, as I'm finding these hard to come by. There are many patterns available of teddy bears, dolls etc but our delightful, native, marsupials seem to have been overlooked.

**Marion McKinnon
RSD
WEMEN via ROBINVALE 3549
Ph: 050-260-206**



Dear GR Readers,

I hope fellow reader in GR 51 got his copy of *The Great Controversy* by E.G. White. I've had one for a while and found it contained short life sketches of Luther, Wycliffe, John Huss, the Waldenses, why they did what they did and what they looked forward to. It's a thought provoking non-fiction book and whether you are Christian or not makes good reading (I started from the chapter of Luther and jumped here and there until I finally started from the beginning and read to the end). There is also another interesting book I found by Ralph Blodgett *How Will it End?* It has a nuclear explosion on the cover. I got my books from Adventist Book Centre, 19 Eagle Terrace, BRISBANE 4000.

**Rowena & Tonua Mate
M/S 368
BUNGADOO via GIN GIN 4671.**

Dear Grass Roots,

I am a young deferred college student who is interested in self-sufficiency and am riding my bicycle to Sydney from Melbourne. I would like to offer my assistance in anything that needs to be done in exchange for tent space.

**Lenore Davies
C/- 2 Harpin Place
EAST BENDIGO 3550**

Dear Readers,

In reference to an advertisement in *Grass Roots*, I wish to enquire if you have any books for sale about a woodworking craft called FRET WORK (designs cut out of 3 ply timber to make silhouette shapes).

**De Swindale
11 Mary St
DONNYBROOK 451C**

Dear GR People,

Does anyone know of a way of keeping frogs out of water tanks. Hope someone may be able to help.

**Dan & Julie Fitzpatrick
'Wombara'
M/S 670
MILES 4415.**

Dear David, Meg and Grass Root Friends,

Approximately two years ago I wrote condemning a young woman who did not wish to vaccinate a young child. In fear and anger I wrote, urged by the thought of my crippled sister, a victim, who tries to cope with her handicap. My reason for writing is to apologise to that young woman and to those that set me right. Thanks to them I began to read and investigate and found that a wonderful woman Sister Elizabeth Kenny has had an excellent recovery rate of the patients she was allowed to treat. I also found that one is responsible for one's own health and a mother is responsible for teaching her family. Because health is a matter of balance — the food we eat, the thoughts we have, determine the function, our body decides to maintain or not.

I found wonderful literature about Bach Remedies, to achieve balance in our personalities and of Yin and Yang and macrobiotics. I would like to thank the 'New Age' authors, naturopaths etc for their wonderful contribution to getting the world to open its eyes. Thank you Marja Fitzgerald for spurring me to look at the alternatives. My greatest thanks goes to the Higher Consciousness, who has 'taught me' 'When we are in balance and in tune we are one with the Universe'. Peace be with you all.

**Rose Pou
122 Elizabeth Rd
MORPHETT VALE 5162.**

Dear Grass Roots People,

I have just moved to a property west from Cooroy (in south east Qld). I was cleaning up and came across a gold mine — *Grass Roots* magazines! I picked them all up, packed them by my bed and lay down. Looking through them, I was intrigued for a day. I'm still reading different things every time I open one. I thought I'd start writing for recipes for shampoos, conditioners, soaps, cleansers, toners, moisturisers, anything. I have been using Blackmores products and find them quite good but too expensive. I enjoy reading letters and writing, so send those letters in.

**C/- 37 Jubilee Rd
CARTERS RIDGE via WEST COOROY 4563.**

Dear Fellow GR Readers,

Just a short letter to introduce myself. My name is Victoria, I am 21 years of age and I have a two-year-old son. I would love to write to anybody who has the same interests as me. My hobbies are spinning, plants (herbs, vegies and flowers). I love to read and will try my hand at most crafts at least once! I love animals although I do not have any at the moment and am generally a pretty happy sort of person (with a warped sense of humour I might add!). I am back in the city again but would love to hear from anyone from anywhere. Best wishes to all GR readers for the coming year. I also hope that you can all realise some, if not all, of your dreams. Hang in there and keep smiling.

**Vicki Ward
8/39 Rossmoyne St
THORNBURY 3071.**

Dear Grass Roots Readers,

My husband and I have a small cattle property fronting the Namoi River, near Baan Baa. We are very concerned about the aerial spraying of cotton across the river (about 1/2 mile from our home). Anyone who has any information, or who has had/is having a similar experience, we would appreciate hearing from you. There are many concerned people in our area. I have written to the Total Environment Centre for information and advice. The most difficult task is finding a starting point. How does one go about tackling a problem like this, especially when one is ignorant of facts and figures? Anyone who feels they have any thoughts to offer, please write.

**Marg & Richard Pike
'Springfield'
BAAN BAA 2383.**

Dear Grass Roots Readers,

In reply to Ruth Tischer's request re PURCHASE OF A BUTTER CHURN, GR 52, p 11, David Evans Group, PO Box 54, BOONAH 4310, sell both butter churns and small hand separators. Their telephone number is 070-631-044.

**Gordon C. McLellan
Mt French Rd
BOONAH 4310.**

Feedback Link-Up Feedback

Hello Grass Rooters,

We are a couple helping out on a farm in order to learn a bit about farming. In March we will have been here a year. It's time for us to move on — hopefully onto a place of our own. I wonder if there is anyone out there INTERESTED IN REPLACING US. The farm is ideal for anyone that wants to lead a quiet lifestyle, and be involved in some farm work and would also like to have some time left over for personal interests. The 30 acre farm is owned by Florence. It is near Mudgee, which is a wine growing area. During the grape picking season there is plenty of work available. The farm is basically a small goat stud with cashmeres, angoras and dairy goats (saneens, anglo-nubians and British alpins), there are also a few sheep on the property, poultry and even peacocks. There are two dams and an organically grown orchard with plenty of room for a vegie garden.

At present there is a small caravan suitable for a single person or parent with a child, available for accommodation. When we leave, there will also be a larger caravan and a small A-frame dwelling available (we have just completed building it), which would suit a couple or a small family. Florence is looking for someone that has an interest in goats and could give a bit of a hand around the farm. She knows a lot about goats, but not much about orchards. If there's anyone interested in coming and taking over the orchard and selling the fruit to make a bit of extra money, that's fine. If anyone wants to breed geese or turkeys — well there's plenty of room, in fact there's plenty of room for any interest that anyone would like to pursue. Due to the high costs involved in running a farm, Florence needs to ask for rent — \$20 pw for the small caravan and \$25 for the large one, and a share in electricity, however there are free eggs, milk, meat and other farm produce available. Anyway, that's about it. If anyone is interested, give Florence a call and arrange for a visit. No drugs or heavy alcohol please.

Beate & Burt Nast

RMB 14

CULLENBONE via MUDGE 2850

Ph: 063-732-290.

Dear People,

We are a young family, Sam (27), myself (23) and daughter Skye (20 mths) who need a house, cabin, etc on acres. It needn't be very big, we just want a goat and to be able to grow our own vegies. We can't afford to buy now (maybe one day), so would want something on long term. Northern NSW preferred but would consider anywhere in NSW. We would be willing to caretake for someone but love privacy as much as possible. The area must be a clean and chemical-free environment, maybe in mountains. We can't afford very much but will help others out in return for low rent. Please maybe you have something that's becoming run down, we could solve your problem. Thank you, if you can help us we won't let you down and can supply references.

Meagan Smith

C/- Box 737

TULLY 4854.

Dear GR Ladies,

I am a very young 50-year-old Pisces GR male with home, time, patience, and free tuition for one or more ladies (children welcomed) who may be interested in learning or furthering their talents or flair, in some of my loves in life which are leather work, pottery, ceramics, kiln firings, wood turning, photography, boat building, lead lighting, psychology and bird watching. Any person or persons interested please feel free to write for more information re same. All letters welcomed and answered.

**Trad's Place
Elderberrie Lodge**

Doglas St

DORA CREEK via NEWCASTLE 2264

Dear Grass Roots Readers,

Help. I have lost touch with a friend from the 1960s who I last spoke to about 1976. She and her husband were about to leave the rat race and I think head up the north coast of NSW. Their names are Keith and Heather Day — please, does anyone know of their whereabouts as I'd love to establish our friendship again. Heather would remember me as Johnston, then McGorrey. Hoping you can help.

**Margaret Bottom
36 Urabatta St
INVERELL 2360.**

Dear Readers,

It is three years now since we bought our partly cleared bush block and a 20 x 20 shed. We spend a lot of time working in the garden, clearing bracken, and generally enjoying country life every second weekend. Our intention was to live there, but hasn't eventuated yet. As we are in our early 50s we have to think of security for the future, also have a 10-year-old son who has to be considered for schooling and his future. Are there any mums who have had a child late in life who would care to correspond? Later this year we intend to take a holiday in Tasmania, taking our Nissan campervan, and would like to meet people with similar interests.

At long last I have mastered the art of making WHOLEMEAL BREAD, and this is the recipe I use. In a bowl put 1 cup wholemeal flour, 1 cup rye flour, 1 tsp bread improver, 1 tbsps gluten flour, 1 tsp salt, 3 rounded tsp dry yeast, 1 dsp molasses dissolved in 2½ to 3 cups warm water (a little hotter than blood heat). Mix by hand or mixer for a few minutes until a thick batter consistency. Leave for at least an hour, then add 1 cup white bread flour, and 1 cup wholemeal flour, knead for approximately 10 minutes or until the mixture no longer feels sticky. Place in bread tin and leave in a warm spot (in the car, on window ledge etc) until bread rises just above the tin, cook in moderate oven for 45 minutes. I use the large packet of Fermipan dry yeast, stored in an air-tight jar in fridge — it will keep for approximately 6 months.

Sylvia & Ian McKean

35 Tait Cres

WARRNAMBOOL 3280.

Hi People,

I hope that someone can help us, we are Kate (32) and Zoe (7 months) and we are heading off to Darwin in mid April to see some long-time-no-see friends, and try and help out with the Homebirth Group while there. I have a good car (blue the EJ s/wagon) and a caravan, but lack the boldness to make the long journey alone with a wee babe. Is there anyone out there who would enjoy a leisurely trip up North? My plan is to share petrol and experiences, and arrive in time for the start of the 'dry'. Please write soon and let me know that you'll come. See ya.

Kate & Zoe Allardice

C/- Post Office

THE CHANNON via LISMORE 2480.

Dear Readers,

I have a HOUSE (3-B/R) on one acre TO RENT. I think around \$25 a week. You see I am off on a trip and I want some GR minded person(s) to come live here and take care of it for me till I return. I am going around April/May and will be maybe 6 months away. There is lots of tank water, chook pens, vegie patch, power, phone and it is situated on Binjour Plateau, 26 km from Gayndah and Munduberra respectively with a primary school and general store 3 km away. At present the hot water system is a 4 gallon drum on top of a wood stove, but I'll be putting an electric in and the option is up to the occupant. There is plenty of furniture here, so it is a walk-in walk-out affair, okay. There is also work available in the fruit season from April to August. It's a citrus area on the Burnett River. If there are any easy going people wanting a change and are interested, feel free to drop me a line or ring.

Ken Hancock

M/S 498

GAYNDAH 4625

Ph: 071-613-147.



Dear Grass Rooters,

It would cost a small fortune to reply to everyone who wrote to me. Please accept this as my reply. Thank you one and all. It was disappointing that no one from SA wrote. I was born in SA, but have lived in most capitals around Australia during my years upon years of hitchhiking and it is regrettable to say that SA people are the worst and with, their sense of arrogance and selfishness, they seem to go backward to be forward. Now this may attract some attention, abuse and other adjectives but so what — if you know what I mean then some of you are guilty. If you write to me (instead of GR) and expect a reply, send a SAE. All abuse is already recorded from the past, so don't be afraid. To all interstate Grass Rooters, cheers.

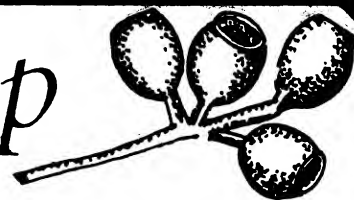
Aussie

Box 849

LOXTON 5333.



gumnut gossip



Meg Miller

It's been so busy here this last month that nobody really knows what their job is anymore. People have had to just drop tools — or maybe I should say pens or terminals — and rally around wherever the crisis is. When things were very chaotic one day Lynne drew my attention to the fact that I was wearing not one but two pairs of glasses at once. I couldn't recall putting the second pair on but no doubt in desperation during a particularly tense moment I whipped them on and must have worked all morning before it was noticed. I felt quite foolish, but the awful thing was that I could definitely see better with two pairs. And what's all the rush and panic been about?

Well first of all Anne was leaving us yet again, and that meant her rushing to complete a few jobs that had been lingering around out of sight. Back in the December issue I mentioned she was leaving us to run a pizza-coffee lounge in a nearby town. After topping up the froth on more than fifty cappuccinos she decided it wasn't her life's calling, so has been back with us for most of this year. But now the family are leaving the district to return to their old home town so it's definitely farewell Anne. Amidst her many last minute jobs we had lots of returns come in. These are boxes of unsold magazines, usually from the last issue, returned from capital city outlets. They have to be opened and the individual copies checked for blemishes. The good copies are reboxed and taken over to the store in Violet Town, and blemished copies either put aside for recovering or thrown out. All this takes a lot of space and time, and Anne prior to leaving was knee deep in it all.

Grass Roots of course has been making its presence felt, but that's commonplace now. What's really set the cat amongst the pigeons is squeezing one of Night Owl's books, *The Householders' Compendium* through the works. Karen has been typesetting it, and in her rest periods Anna has taken over the machine and worked on GR. In my room it's been first there grabs the cutting boards, a continual tussle between Lisa, Lynne, Kerry and myself. And not even age or rank has made any difference. Lisa has been darting about like a dragonfly, trying to combine editing and paste up work on both the mag and the book. Lynne has had the *Book News* to finish, and the final checking of GR, and Kerry has been doing cover artwork, any camera work, and the preliminary pages of the book. We even had to ask Anthony to drop his work to do the final proofreading. I'm sure Anna summed up the general feeling on Friday when she said 'Look I'd love to go to the toilet but I don't have time!'

This next paragraph may threaten the validity of all I've said but we must own up — we took a couple of hours off last week, and said hang it all, to have a lunchtime party. We couldn't let Anne go without a few speeches and at least one teaspoon adorned with a Shepparton crest, and we had David's fortieth birthday to celebrate. He was a trifle uncooperative at first but after assuring him that his party would go on whether he was there or not he mellowed and joined in the fun. We presented him with a little gift from the firm, an offensive smelling plastic gadget that fits into one of the holes on the phone's mouthpiece, to keep

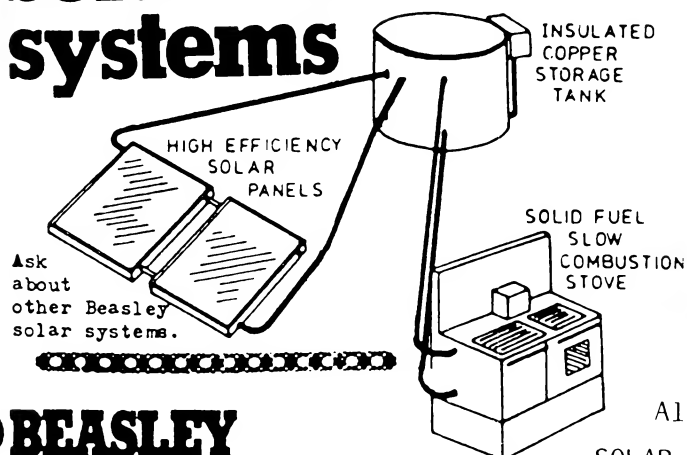
it 'fresh smelling' — as a token of appreciation for all the hours he has put in on it. It was a delicious healthy lunch but we ate too much, and there were some sleepy looking people battling over their work for the rest of the afternoon.

I forgot to ask around the office for any important notices for inclusion and, being late at night, cannot follow it up now. If, when you open up this issue you hear roaring and yelling then you'll know it's me in trouble. I do know that in the August '85 issue we printed a letter from a T.T. at Woodyale in WA. We have a letter here for you, so could you contact us again please. As well, we received an article some time back from Ray and Carol Drew from Tarago in NSW — we'd love to hear from you folk too. The other thing I should mention is that if you have been waiting on a reply from us re a question you have asked or similar, and it's not been forthcoming, then hold on for a little longer because by the end of this week both productions will be at the printers and we'll all be grateful for a little quiet letter writing. Letters dealing with subscription enquiries, orders, and other 'business' are processed quickly, it's just those of a personal nature, or requiring answers to information requests that have to take a back seat. Rest assured though we'll have the pigeons carrying them any day now.

There will be great excitement when *The Householders' Compendium* comes back from the printers in mid-April as it will be another title under Night Owl's belt and something to erase from their 'to be done' board. *Tagasaste* is next on the list and is well on the way, and Kerry has been hard at work on the cover of *Going Tropical*. We've also had some interesting manuscripts come in and two that caught my eye were on backyard rabbit-keeping and building a log cabin. They will both be scheduled for later in the year so more about them then. It is reassuring to know that Aussie info is gradually making its way into print and will be an alternative to imported books.

The year seems to be rushing by with many of us feeling as though we're on the run trying to keep up with it. We're already quarter of the way through the year yet Christmas doesn't seem that far back. What troubles me and I'm sure many other busy people is finding (and taking), in the midst of all the work, some personal time for the precious things in life — a quiet sit in the garden or by the fire, a gentle walk at dusk, a chapter of a favourite book, talking with friends or family, or just being somewhere and not doing anything except feeling and sensing the pulse of the world around you. Every year I start with good intentions but by about March I've slipped back to the old hustle and bustle, and it slowly worsens as the year passes by. But this year I have to tackle it, as I'm starting to feel the physical effects of burning out. So how do other people, other readers with busy lifestyles manage to integrate the work they want to achieve, quality family life and a little time for themselves — to restore vitality, process the day's events, and just get back in tune with themselves and the world? I can read about it, I can write about it but I find it damned hard to do on a regular basis. Help, I'm sure I'm not on my own!

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